



# Apple Pork Tenderloin

Prep: 20 minutes | Cook: 3-4 hours | Total: 3-4 hours and 20 minutes

Yield: 8 servings | Serving Size: 1/8<sup>th</sup> of the recipe

## Ingredients

1 pound baby carrots  
2 cups cubes red potatoes  
1 (~2-pound) pork tenderloin  
1 apple, thinly sliced  
2 tablespoons honey  
2 tablespoons reduced-sodium (lite) soy sauce  
1 tablespoon Dijon mustard  
1 tablespoon balsamic vinegar  
1/2-1 tablespoon ground cinnamon, to taste  
3 cloves garlic, minced (about 1 1/2 teaspoons)  
Ground black pepper to taste

## Directions

1. Place the carrots and potatoes in the bottom of a slow cooker.
2. Using a paring knife, make a series of small, parallel cuts across the length of the pork tenderloin.
3. Fill each cut in the pork tenderloin with an apple slice.
4. Place the apple-filled pork tenderloin on top of the carrots and potatoes in the slow cooker.
5. In a small bowl, make a glaze by whisking together the honey, soy sauce, mustard, balsamic vinegar, cinnamon, and garlic.
6. Pour the glaze mixture over the pork tenderloin.
7. Cover the slow cooker with the lid.
8. Cook on high for 3-4 hours, or on low for 6-8 hours.

**Nutrition Facts Per Serving: Calories: 250 | Total Fat: 4 g | Saturated Fat: 1.5 g  
Sodium: 240 mg | Total Carbohydrate: 21.5 g | Dietary Fiber: 3.5 g | Protein: 31 g**

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