



Roasted Pork and Potatoes with Creamy Applesauce

Ready to impress your family or guests? This recipe is it! Pork tenderloin is lean, easy to use, and very tender. Roasting it on top of the potatoes and pepper adds extra flavor and the creamy applesauce is a perfect accompaniment. High in protein, Vitamin C and fiber, this is nutritious and delicious!

Yield: 4 servings; 4.5 ounces pork with $\frac{3}{4}$ cup potato mixture

Ingredients:

- 1 $\frac{1}{2}$ pounds small red-skinned potatoes, halved
- 1 red bell pepper, cut into 1-inch pieces
- 2 teaspoons fresh thyme or $\frac{2}{3}$ tsp. dried thyme
- 1 $\frac{1}{2}$ tablespoons olive oil
- 1 tsp. kosher salt, divided and freshly ground pepper
- 1 cup applesauce
- $\frac{1}{4}$ cup light sour cream
- Dash of freshly grated nutmeg or a pinch of ground nutmeg
- 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ pounds pork tenderloin, cut into 4 pieces

Directions:

1. Preheat the oven to 375° F. Toss the potatoes and bell pepper with the thyme, 1 tablespoon olive oil, $\frac{1}{2}$ teaspoon salt, and pepper to taste in a shallow baking dish. Transfer to the oven and roast until the potatoes are slightly tender, about 20 minutes.
2. Meanwhile, mix the applesauce, sour cream and nutmeg in a small bowl and set aside.
3. Pat the pork dry and season with remaining $\frac{1}{2}$ tsp. salt and pepper. Heat the remaining $\frac{1}{2}$ tablespoon olive oil in a large skillet over medium-high heat. Add the pork and sear until browned on all sides, about 6 minutes. Transfer the pork to the baking dish with the vegetables and roast until a thermometer inserted into the center of the pork registers 145 degrees F, 15 to 20 more minutes. Transfer the pork to a cutting board and let stand 5 minutes before slicing. Serve with the roasted vegetables and creamy applesauce.

Nutrition info per serving:

Calories: 406, Saturated Fat: 3g, Sodium: 445mg, Saturated Fat: 3g, Added Sugars: 0g, Fiber: 4.3g, Protein: 40g

Source:

<https://www.foodnetwork.com/recipes/food-network-kitchen/roasted-pork-and-potatoes-with-creamy-applesauce-recipe-1973829>