Fit to Eat | A Production of MPB Mississippi Public Broadcasting

Episode 206

STUFFED PORK TENDERLOIN WITH SWEET POTATO HASH & ARUGULA SALAD

2 servings

STUFFED PORK TENDERLOIN

INGREDIENTS

8 oz pork tenderloin (2 portions) sliced lengthwise to stuff

4 tbsp fat-free cream cheese

1 tbsp minced garlic

1 tbsp diced yellow onion

1 tbsp diced red bell pepper

1 cup fresh spinach (frozen works as well), blanched

½ tsp black pepper

½ tsp finely minced jalapeno pepper

Zero fat cooking spray

string

DIRECTIONS

Carefully slice the pork tenderloin lengthwise to open the inside and lay flat on plate. In a mixing bowl, blend cream cheese, garlic, onion, bell pepper, spinach, black pepper and jalapeno peppers. When done, it should be a creamy paste. Place spinach in sauté pan to wilt the spinach slightly. Spread spinach on top of opened pork tenderloin. Next, place the creamy paste in a line in the middle of the pork. Roll the tenderloin in a cylinder and tie with string to seal. Spray the whole tenderloin with zero fat spray and place in large sauté pan. Brown all sides of the tenderloin until cooked inside (about ten minutes). When completely cooked, cut tenderloin into 3/4-inch slices. There should be about five cuts per portion.

©Recipe courtesy Chef Rob Stinson, 2013

Mpbonline.org/FitToEat Recipe Cards

Print and cut along the dotted lines to add these 4x6 recipe cards to your collection.

Fit to Eat | A Production of MPB Mississippi Public Broadcasting

Episode 206

STUFFED PORK TENDERLOIN WITH SWEET POTATO HASH & ARUGULA SALAD

1 serving

SWEET POTATO HASH

INGREDIENTS

1 medium sweet potato, diced in half-inch squares
½ tsp canola oil
1 tbsp minced garlic
2 tbsp diced yellow onion
2 tbsp diced green bell pepper
½ tsp black pepper
1 dash cinnamon

DIRECTIONS

Place oil in pan and lightly brown sweet potatoes. Add garlic, onion, bell pepper, pepper and cinnamon. Let stand until ready to serve.

©Recipe courtesy Chef Rob Stinson, 2013

Mpbonline.org/FitToEat Recipe Cards
Print and cut along the dotted lines to add these 4x6 recipe cards to your collection.

Fit to Eat | A Production of MPB Mississippi Public Broadcasting

Episode 206

STUFFED PORK TENDERLOIN WITH SWEET POTATO HASH & ARUGULA SALAD

1 serving

ARUGULA SALAD

INGREDIENTS

1 cup arugula
3 tbsp sliced red onion
½ lemon squeeze
¼ tsp balsamic vinegar
1 tbsp vegetable stock
¼ tsp black pepper
2 cherry tomatoes, cut in half

DIRECTIONS

In salad bowl, mix all ingredients except arugula. Add arugula, mixing well.
Place arugula salad on plate. Fan out half of the stuff pork tenderloin (about 5 cuts per portion), place sweet potato hash on the side and serve.

©Recipe courtesy Chef Rob Stinson, 2013

Mpbonline.org/FitToEat Recipe Cards
Print and cut along the dotted lines to add these 4x6 recipe cards to your collection.