

# PORK WITH CHERRY SAUCE

A POWERFUL PUNCH OF NUTRITION

## INGREDIENTS

### PORK AND VEGETABLES

- 1 lb pork tenderloin
- 2 tablespoons olive oil, divided
- 1 teaspoon garlic powder, divided
- 1 bag (12 ounces) frozen cut green beans
- 2 potatoes, diced
- Salt and pepper to taste

### CHERRY SAUCE

- 2 tablespoons butter
- 1 tablespoon brown sugar
- 2 cups frozen cherries
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 cup water
- Salt and pepper to taste

## INSTRUCTIONS

1. Preheat oven to 450 degrees
2. Rub the pork tenderloin with 1 tablespoon olive oil and season with 1/2 teaspoon garlic powder, salt, and pepper
3. Place in the center of a foil lined baking sheet
4. In a large bowl, mix green beans and potatoes with 1 tablespoon olive oil, 1/2 teaspoon garlic powder, salt, and pepper
5. Spread vegetables evenly around the pork
6. Roast for 20-25 minutes or until pork reaches 145 degrees, stirring the vegetables halfway
7. In a large saucepan, melt butter then add brown sugar
8. Add the cherries, vinegar, thyme, and rosemary then simmer until cherries begin to soften
9. Add the water, mash the cherries with a potato masher, and simmer until the liquid is reduced by half (about 10 minutes)
10. Thinly slice the tenderloin and serve topped with cherry sauce

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HIGH PROTEIN



4 SERVINGS



30 MIN



# PORK WITH CHERRY SAUCE NUTRITION FACTS

## CHECK THE LABEL

### HOW CAN CONSUMING THIS MEAL HELP MAINTAIN YOUR NUTRITION DURING CANCER TREATMENT?

To prevent malnutrition during treatment, you want to try and eat all three macronutrients with each meal and snack: protein, fat, and carbohydrates. This meal is an excellent source of all three, as well as fiber to help prevent constipation. One serving also provides more than 400 calories to help combat weight loss.

### Nutrition Facts

servings per container  
**Serving size** (405g)

Amount per serving  
**Calories** **420**

% Daily Value\*

**Total Fat** 15g 19%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 90mg 30%

**Sodium** 115mg 5%

**Total Carbohydrate** 42g 15%

Dietary Fiber 5g 18%

**Total Sugars** 16g

Includes 3g Added Sugars 6%

**Protein** 28g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 3mg 15%

Potassium 1086mg 25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### IMMUNE SYSTEM SUPPORT

The antioxidants found in brightly colored fruits and vegetables like green beans and cherries help support your immune system which can be weakened from chemo or radiation. Pork is also a great source of zinc, selenium, and B vitamins to give your immune system even more of a boost when it needs it the most.

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# COST BREAKDOWN

## PORK WITH CHERRY SAUCE

SHOPPING LIST	COST	COST PER SERVING
• 1 lb pork tenderloin	\$4.36	\$1.09
• Garlic powder	\$1.00	\$0.25
• 12 oz bag frozen green beans	\$0.98	\$0.25
• 2 potatoes	\$1.84	\$0.46
• 16 oz bag frozen cherries	\$3.88	\$0.97
• Dried thyme	\$1.00	\$0.25
• Dried rosemary	\$1.00	\$0.25
• Brown sugar	\$1.84	\$0.46
<b>TOTAL</b>	<b>\$15.90*</b>	<b>\$3.98</b>

\*Based on 4 servings. Prices obtained from Walmart.com

This meal only feels like a splurge as it costs less than \$4 per serving and provides far more nutrition than takeout. Plus, many of the ingredients may already be in your pantry, such as brown sugar, herbs, and spices.

Leftover sauce will keep in the fridge for 3-4 days. Try it over yogurt or oatmeal for a sweet and savory breakfast treat!

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