



TICKER, THE HEART HEALTHY CHEF

SEARED PORK TENDERLOIN WITH SWISS CHARD AND CIDER REDUCTION

1 pork tenderloin, approx. 16oz	3 cloves of garlic, sliced thin
1 pint fresh apple cider	2 splash of white wine
4 leaves fresh basil	1 oz extra virgin olive oil
8 cups Swiss chard leaves and stems, cleaned and cut into 1 inch strips	Salt and Pepper

DIRECTIONS

In a non reactive pan, place the apple cider over medium high heat and reduce to one quarter of its original volume. Be careful not to over cook. It should be the consistency of maple syrup. Add basil and remove from the heat.

While the cider is reducing, remove the tenderloin from the package and rinse with cold water. Pat dry with a paper towel and season with salt and pepper. Set aside. Heat a non stick skillet over medium high heat. Add one teaspoon of olive oil. Add tenderloin and lower heat to medium. Sear all sides, turning when needed to avoid burning. Remove it from the pan and place it in a 250 degree oven to hold while you complete the rest of the meal.

Place the pan back on the heat and deglaze the pan with a splash of white wine and add the garlic and remaining olive oil. Stir the garlic constantly to avoid burning. When it just begins to brown, remove from heat and reserve in a small bowl to be added later.

Wipe out the pan with a paper towel and return to the burner. Add the swiss chard and another splash of white wine. When it begins to wilt, add browned garlic and oil and season with salt and pepper.

To serve, remove the pork from the oven and let rest for 2 minutes. Slice into medallions. Place starch of your choice in the center of the plate or shallow bowl. Top with sautéed Swiss chard, scraping every last bit of garlic and oil from the bowl with a spatula.

Layer the seared pork now cut into medallions along the beautiful mound of chard. Spoon the cider reduction on the pork. Garnish with a thinly sliced apple wedge or sprigs of fresh herb (basil or chive).

Yield: 4

Recipe by Executive Chef Matt Mills, Mills Catering, 254-0705

Nutrition information per serving: 260 calories, 11 gm fat, 2 gm saturated fat, 50 mg cholesterol, 230 mg sodium, 20 gm protein, 20gm carbohydrate, 14 gm sugar, 1 gm fiber

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