

Spicy Apricot Glazed Pork

Ingredients

- 1-pound pork tenderloin
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 cup sugar free apricot preserves
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1 large, sweet potato (peeled and cubed)
- 1 large green bell pepper (cut into 1-inch strips)



Directions

Brought to you by: **hally**[®] Brought to you by Health Alliance™

1. Preheat the oven to 350°F. Season the pork with black pepper and garlic powder. Place the pork in a baking dish.
2. In a small bowl, mix together the apricot preserves, red pepper flakes and oregano. Microwave the glaze for 1-2 minutes, until the mixture gets thin and easy to stir. Pour the glaze over pork tenderloin and coat it evenly.
3. Spread the sweet potatoes and green peppers around the pork. Bake for 30 minutes or until the pork is done. (When it reaches an internal temperature of 145°F)

