

Orange-Glazed Pork Tenderloin with Cranberry Tabbouleh

Yield: Serves 4

Ingredients

⅓ cup orange marmalade
2 Tbsp rice vinegar
1 Tbsp lower-sodium soy sauce
½ tsp crushed red pepper
1 Tbsp peanut oil
1 (1-pound) pork tenderloin
1¼ cups fat-free, lower-sodium chicken broth
¼ cup dried cranberries
¼ tsp five-spice powder
¼ tsp salt
1 cup bulgur
2 Tbsp minced green onions

Preparation

1. Preheat oven to 350°F.
2. Combine first 4 ingredients in a medium bowl, stirring with a whisk. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Add pork; cook 6 minutes, turning to brown on all sides. Brush pork with half of marmalade mixture. Place pan in oven; bake at 350°F for 18 minutes or until a thermometer registers 145°, turning and basting with remaining marmalade after 10 minutes. Place pork on a cutting board; reserve sauce in pan. Let pork rest 5 minutes; cut into 12 slices.
3. While pork cooks, bring broth and next 3 ingredients (through salt) to a boil in a saucepan; stir in bulgur. Remove from heat; cover and let stand 15 minutes. Fluff with a fork. Stir in green onions.
4. Place 3 pork slices on each of 4 plates; top each serving with 2 Tbsp reserved sauce. Serve each with ¾ cup bulgur mixture.

