

**Seasonal Eating**  
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**Spices Show Your Heart Some Love**  
**February 2018**

I was working on two programs this month when they converged together in one recipe. Since February is heart month, I was preparing a program for a garden club on Eating for a Healthy Heart. At the same time, I was pulling recipes for an FCE club program on Cooking with Spices. Where they converged was in Curried Pork Tenderloin with Apples from the Mayo Clinic.

Tenderloin is one of the leaner cuts of meat making it more heart healthy than ribs, shoulder or chuck. In general, cuts with loin or round in the name are leaner cuts of meat. Lean cuts help reduce the amount of saturated fat consumed which can help lower cholesterol levels and the risk for heart disease. So when enjoying pork or beef, look for eye of round or round steak or tenderloin or sirloin.

The second heart healthy component to this recipe is that it uses curry powder for seasoning instead of a lot of salt. Sodium can elevate blood pressure which is also a risk factor for heart disease. There are so many wonderful spices and spice blends out there that can add a ton of flavor and interest so that you don't have to use a lot of salt to season. In the winter, particularly, I think of the warming flavors of India, Northern Africa (like Morocco) and the Middle East which are well known for their interesting and prolific use of many spices. Curry powder is one of those exotic spices and is actually a blend of several spices. While each brand has its own specific mixture, some of the typical ingredients include turmeric, coriander, cumin, fenugreek and red pepper. Some are hot while others are fairly mild. Most of the general curry powders found in large supermarkets are fairly mild heat wise but full of flavor. While we think of curry powder in saucy Indian curry dishes over rice, it can also be a great addition to baked fruit or fruited chicken salad or as a rub on meats or chicken.

In this pork tenderloin recipe, the curry powder is rubbed onto the outside of the tenderloin and is browned well and then cooked through in a sauce of apple cider, onion and apples. The flavor is amazing with the warmth of the curry and the sweetness of the apples, a perfect pairing. The house also smells great while it's cooking (and a while after).

It may seem like a lot of curry powder, but when cooked and mixed with the cider and apples, it all balances out.

So give lean meats and poultry a flavor boost with some exotic spices and give your heart a little love this month. Visit the Bedford County Extension website for more recipes and information about seasonal eating ([bedford.tennessee.edu](http://bedford.tennessee.edu)).



## **Curried Pork Tenderloin with Apples**

16 ounces pork tenderloin  
1 1/2 tablespoons curry powder  
1 tablespoon vegetable oil  
1/2 onion, chopped  
1 3/4 cups apple cider, divided  
1 honeycrisp apple (or other somewhat tart apple), peeled, cored and chopped  
1 teaspoon cornstarch

Trim the pork tenderloin of any silverskin and excess fat. Coat with curry powder and let stand 15 minutes. In a large, heavy skillet, heat the oil over medium high heat. Add the tenderloin and brown well, turning to get all sides, about 15 minutes total. Add the onion and cook until softened a little, about 5 minutes. Add 1 1/2 cups of the cider. Bring to a boil and then turn to a high simmer. Cook for 15 minutes, turning the tenderloin once or twice and letting the juice reduce by about 1/2. Add the apples, cover and cook 10 more minutes. Check the tenderloin with a thermometer and cook until about 145 degrees. Remove to a board to rest. Combine the remaining 1/4 cup cider and cornstarch. Add to the pan and bring to a boil. Cook until thickened and apples are tender. Slice tenderloin and top with apples.

Serves 4, nutrition per serving: 220 calories, 7 g total fat, 1 g sat fat, 23 g carbohydrate, 3 g fiber, 18 g protein, 44 mg sodium