

BALSAMIC & PEACH GLAZED PORK *with Brown Rice*



INGREDIENTS

5 lb	Pork tenderloin	5 tsp	Thyme (dried)
1 1/4 cup	Balsamic vinegar	3 3/4 qt	Brown rice
10 ea	Garlic cloves (minced)	5 qt	Mixed vegetables (frozen)
5 Tbs	Olive oil		
1 1/4 tsp	Chili powder		
2 1/2 tsp	Black pepper		
5 cup	Peaches (frozen, sliced)		
2 1/2 cup	Sugar-free peach preserves		

INSTRUCTIONS

1. Prepare brown rice according to package instructions; Cook vegetables according to package directions. Keep warm.
2. In a bowl, whisk together vinegar, garlic, and olive oil. Reserve 1/2 of the mixture. Set aside.
3. Add pork to remaining mixture and marinate for 30 min.
4. In a sauce pan, heat reserved mixture with peaches, preserves, chili powder and thyme until simmering.
5. Place pork on a baking pan. Season with pepper.
6. Bake at 350°F or until internal temperature reaches 155°F.
7. For each individual serving, spoon sauce over pork. Serve with 3/4 cup of brown rice and 1 cup of mixed vegetables.

NUTRITION

Calories:	470
Sodium:	95 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	3%



*Number of Servings: 20 (443 g per serving)
Recipe courtesy of Waldo County General Hospital*