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Pork Mignons with French Applesauce

- 1 Pair pork tenderloins (about 2 lb)
- 1/4 Tsp salt
- 1/8 Tsp ground black pepper
- 2 Medium apples, rinsed and cored, but not peeled (try Golden Delicious or Rome)
- 2 Tbsp dark seedless raisins
- 2 Tbsp walnuts, broken into coarse pieces
- 1/2 Tsp cinnamon
- Cooking spray

- 1) Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 2) Cover broiler pan with aluminum foil for easy cleanup. Spray foil lightly with cooking spray. Set aside.
- 3) Cut 8 slices (pork rounds), each 1½ inches thick, from the center of the pair of pork tenderloins. Refrigerate or freeze the ends for another use. Place pork rounds on the foil-covered broiler pan. Sprinkle with salt and pepper. Set aside a few minutes while broiler heats.
- 4) Meanwhile, heat ½ cup water to boiling in a medium nonstick pan. Slice cored apples from top to bottom in ¼-inch wide pieces. Add apples, raisins, walnuts, and cinnamon to boiling water. Reduce heat to medium. Cover. Simmer, stirring occasionally, until apples are soft and easily pierced with a fork. Set aside until pork is cooked.
- 5) Broil pork for 5–10 minutes per side (to a minimum internal temperature of 160 °F).
- 6) To serve, place two pork rounds on each dinner plate. Top with one-fourth of the applesauce.

Makes 4 Servings