

## PORK TENDERLOIN WITH SAUTEED APPLES

*(inspired by a recipe from Cooking Light magazine)*

1 pork tenderloin, cut in 12 pieces  
salt and pepper  
1 Tablespoon grape seed oil  
1 leek, sliced thin (white and light green part only)  
Gala apples, sliced thin  
3/4 cup apple cider  
1 cup chicken (or veggie) stock  
squeeze of lemon juice

Pound each piece of pork lightly, protecting the meat with a piece of Saran Wrap.  
Season lightly with salt and pepper.

Heat the oil on a large skillet. Sautee the pork slices in two batches if necessary, until they are golden brown on both sides. Remove the meat to a platter. Add a little more oil if the pan seems too dry, and saute the leeks until they begin to get soft. Add the apples and cook for a couple of minutes, stirring gently. Add the cider, cover and cook for a couple of minutes longer.

Add the chicken stock, put the meat back in the pan, cover it and simmer on low heat until the meat is cooked to your liking and the apples start to disintegrate, but still keep their shape. Adjust seasoning, add a squeeze of fresh lemon juice right before serving.