

Healthy Recipes for Your Heart

Herbed Pork Tenderloin with Chanterelle, White Bean and Tomato Ragout - Chef John Sundstrom of Lark

Makes 4 servings

- 1 12-ounce pork tenderloin
- 1/8 teaspoon kosher salt and fresh ground black pepper
- 1 teaspoon chopped fresh sage (1/2 teaspoon dried can be substituted)
- 1 teaspoon chopped fresh thyme (1/2 teaspoon dried can be substituted)
- 1 teaspoon chopped parsley
- 1-1/2 tablespoons olive oil
- 2 teaspoons butter (optional)
- 2 tablespoons extra virgin olive oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1 cup Chanterelle mushrooms, cleaned and torn or sliced
- 1 cup large diced King oyster mushrooms
- 2 cans (15.5-ounce), cannellini beans, rinsed and drained
- 1 cup peeled, seeded and chopped tomatoes
- 2 cups low sodium chicken broth
- 2 tablespoons sherry vinegar



For the pork tenderloin, preheat oven to 400 degrees F. Season pork with salt and pepper; set aside. In a shallow dish, stir together sage, thyme and parsley; gently roll pork tenderloin in herbs. Heat 1-1/2 tablespoons olive oil and butter (optional) in a sauté pan over medium high heat; add pork and cook until browned, turning once, about 3-4 minutes. Transfer browned pork to baking sheet and cook in preheated oven until inside is pale pink and internal temperature measured at thickest part is 140-150 degrees F., about 8-10 minutes.

For the ragout, heat 2 tablespoons extra virgin olive oil in a large sauté pan over low to medium heat; add onion and cook until softened and translucent, about 4-5 minutes. Add garlic, then white wine, then mushrooms, beans, tomatoes, chicken broth and vinegar; simmer over low to medium heat until somewhat thickened and beans are soft, about 1 hour. Add chives just before serving.

To assemble and serve, divide ragout among four plates. Slice pork into 4 equal servings and arrange over ragout.

Nutrition Facts:	Amount Per Serving
Calories	466
Total Fat	14.54 g
Trans Fat	0.08 g
Polyunsaturated Fat	1.56 g
Monounsaturated Fat	10.63 g
Cholesterol	60.37 mg
Sodium	217.36 mg
Carbohydrates	39.01 g
Dietary Fiber	10.62 g
Total Sugars	5.63 g
Protein	31.13 g