



Peachy BBQ Pork



1/2 of recipe (about 1 cup): 239 calories, 3g total fat (0.5g sat. fat), 680mg sodium, 27.5g carbs, 2g fiber, 20g sugars, 24.5g protein

Prep: 15 minutes **Cook:** 25 minutes



Ingredients

1/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving
1 tbsp. sweet Asian chili sauce
1 tsp. cornstarch
1/2 tsp. chopped garlic
Dash cayenne pepper
8 oz. raw pork tenderloin, trimmed of excess fat, sliced into 1-inch-thick pieces
1/8 tsp. each salt and pepper
1 cup peaches cut into 1-inch chunks (fresh or thawed from frozen)
1/2 cup onion cut into 1-inch chunks

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a large bowl, combine BBQ sauce, chili sauce, cornstarch, garlic, and cayenne pepper. Mix thoroughly. Season sliced pork with salt and pepper, and add to the bowl. Add peaches and onion, and stir to coat.

Distribute mixture onto the center of the foil. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until pork is cooked through and onion is soft.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

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