



### **Apricot Stuffed Pork Tenderloin**

1/4 cup	Dried Currants
1/4 cup	Dried Apricots, finely chopped
1 Tbsp	Water
1 lb	Pork Tenderloin, boneless
1 cup	Fresh Pumpernikel Bread Crumbs
1/4 tsp	Salt
1/4 tsp	Rosemary Leaf, crumbled
1/8 tsp	Sage Leaf, crumbled
1/8 tsp	Pepper
1	Egg, lightly beaten

Soak currants and apricots in water in small bowl until fruit is plumped.

Cut tenderloin lengthwise down center but not all the way through; open like a book.

Pound between 2 sheets of waxed paper with bottom of heavy skillet until pork is an even 1/4 inch thickness.

Add crumbs, salt, rosemary, sage, pepper and egg to fruit mixture.

Spread stuffing lengthwise down center of pork, leaving 1/2 inch border at ends.

Starting with long side, roll up, pushing in short ends as you roll. Secure roll with kitchen string every 2 inches.

Place on rack in roasting pan. Preheat oven to 400°. Bake for 40 to 50 minutes or until meat is cooked throughout and stuffing is hot.

Let stand 5 minutes. Remove string. Thinly slice.

Yield: 4-5 (3-4) ounce servings

Nutrient Analysis: 215 Calories, 27 grams Protein, 4 grams fat, 17 grams carbohydrate, 265 mg Sodium, 127 mg Cholesterol