



**To toast nuts: Place nuts in a shallow baking pan. Place in a 350°F oven for 5 to 7 minutes, shaking pan once or twice. Watch closely so nuts don't burn.*

Blackberry Salad with Pork

Prep: 25 minutes Roast: 25 minutes
Oven: 425°F

- 1 12- to 16-ounce pork tenderloin
- ¼ cup olive oil
- ¼ cup honey
- ¼ cup lemon juice
- 6 cups packaged mixed baby greens (spring mix)
- 2 cups blackberries, raspberries, and/or sliced strawberries
- 1 cup grape tomatoes (halved, if desired)
- ½ cup pine nuts, toasted*
- 4 ounces Brie cheese, rind removed, if desired, and cut into wedges

1. Preheat oven to 425°F. Place pork on a rack in a shallow roasting pan. Sprinkle with *salt* and *ground black pepper*. Roast, uncovered, for 25 to 35 minutes or until an instant-read thermometer inserted in center registers 155°F. Remove from oven. Cover with foil and let stand until temperature registers 160°F. Cool slightly. Slice pork 1/4 inch thick.
2. For dressing, in a screw-top jar combine oil, honey, lemon juice, and *salt* and *pepper* to taste; cover and shake well.
3. To serve, place greens in salad bowls or individual plates; top with berries, tomatoes, pine nuts, Brie wedges, and pork slices. Drizzle with dressing. Serve immediately. Makes 4 servings.

Nutrition Facts per serving: 569 cal., 36 g total fat (10 g sat. fat), 95 mg chol., 308 mg sodium, 32 g carbo., 5 g dietary fiber, 37 g protein.