



**Barbecue
Pork
Tenderloin**
*in under
10 Minutes!*

Simple Sauces & Salsas

Smoky Barbecue Sauce

Give *Miniature Barbecue Pork Sandwiches* their signature zing with this easy homemade sauce.

- 1 cup ketchup
- $\frac{1}{4}$ cup firmly packed brown sugar
- 2 tablespoons **Sweet & Smoky Barbecue Rub**
- 2 teaspoons cider vinegar or white vinegar

1. Combine ketchup, brown sugar, barbecue rub and vinegar in **(1.5-qt.) Saucepan**. Bring to a boil, stirring occasionally; remove from heat. Serve sauce on sandwiches; reserve remaining sauce for another use.

Yield: $\frac{1}{3}$ cups sauce

Nutrients per serving (about 2 tablespoons): Calories 45, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 12 g, Protein 0 g, Sodium 360 mg, Fiber 0 g

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Onion-Cranberry Marmalade

Top *Miniature Barbecue Pork Sandwiches* with this sweet, caramelized marmalade for an especially sensational taste.

- 1/4 cup hot water
- 1/2 cup sweetened dried cranberries
- 2 teaspoons vegetable oil
- 2 cups thinly sliced onion
- 1/4 cup cider vinegar
- 1/4 cup orange marmalade

1. Pour hot water over cranberries in **Prep Bowl**; let stand 5 minutes.
2. Meanwhile, add oil to **(10-in.) Sauté Pan**. Heat over medium heat 1-3 minutes or until shimmering. Add sliced onion. Cook and stir 5 minutes or until onion softens and begins to caramelize. Add vinegar; stir to loosen browned bits from bottom of pan. Add marmalade, cranberries and any liquid from soaking. Bring to a boil; reduce heat and simmer 1 minute. Remove from heat; cool slightly.

Yield: 8 servings

Nutrients per serving (about 1 tablespoon): Calories 70, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 17 g, Protein 1 g, Sodium 5 mg, Fiber 1 g

Adapted from *The Pampered Chef® Cooking for Two & More* cookbook



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Mango Salsa

Serve this Caribbean-style salsa over Barbecue Pork Tenderloin seasoned with **Asian Seasoning Mix** or **Jamaican Jerk Rub**.

- 1 mango
- 1 jalapeño pepper, stemmed and seeded
- 2 tablespoons finely diced red bell pepper
- 2 tablespoons thinly sliced green onion with top
- 1 lime

1. Coarsely chop mango and finely chop jalapeño pepper using **Food Chopper**. Finely dice bell pepper and thinly slice green onion using **Chef's Knife**. Zest entire lime using **Microplane® Adjustable Grater**. Juice lime using **Citrus Press** to measure 1 tablespoon juice.
2. In **Classic Batter Bowl**, combine mango, peppers, green onions, lime zest and juice; mix gently. Cover; refrigerate until ready to serve.

Yield: 4 servings (about 1 cup)

Nutrients per serving (about ¼ cup): Calories 40, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 10 g, Protein 0 g, Sodium 0 mg, Fiber 1 g

From **The Pampered Chef® It's Good for You** cookbook



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Simple Sauces & Salsas

Tropical Fruit Salsa

*This mix of sweet and spicy flavors is a great companion to Barbecue Pork Tenderloin seasoned with **Asian Seasoning Mix** or **Jamaican Jerk Rub**.*

- 1 can (8 ounces) crushed pineapple in juice, undrained
- 1 banana
- ½ cup kiwi, peeled, sliced and quartered (1-2 kiwis)
- ¼ cup chopped red or green bell pepper
- 1 small jalapeño pepper, stemmed and seeded
- 2 green onions with tops (about ½ cup thinly sliced)
- 2 tablespoons fresh cilantro or parsley, snipped (optional)
- 1 lime

1. Place pineapple and juice into **Small Batter Bowl**. Slice banana and kiwi using **Egg Slicer Plus®**; cut into quarters using **Paring Knife**.
2. Chop bell pepper and jalapeño pepper using **Food Chopper**. Slice green onions using **Chef's Knife**.
3. Snip cilantro or parsley using **Kitchen Shears** if desired. Juice lime using **Citrus Press** to measure 1 tablespoon juice. Add all ingredients to pineapple in batter bowl; mix gently.

Yield: 8 servings (2 cups)

Nutrients per serving (about ¼ cup): Calories 50, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 13 g, Protein 1 g, Sodium 0 mg, Fiber 2 g