

30
minutes
or less

HEALTHY IN A HURRY

Pork & Pears with Quinoa

Hearty harvest Fall squash and pears deliver natural sweetness—and loads of fiber—to juicy, quick-seared pork tenderloin. Nutty, nutrient-dense quinoa adds more fiber and protein

Total time 30 minutes

Makes 4 main-dish servings

- 1 c. quinoa, rinsed
- 1 pkg. (20 oz.) chopped fresh butternut squash (¾-in. cubes)
- 1 lb. pork tenderloin
- 2 Tbsp. extra virgin olive oil
- 4 green onions, thinly sliced, whites and greens separated
- 4 ripe pears, cored and cut into eighths
- ¾ tsp. ground coriander
- 3 Tbsp. cider vinegar

1. Heat 4-quart saucepan water to boiling on high. Stir in quinoa, squash, and ½ teaspoon salt. Cook 12 minutes or until tender, stirring occasionally. Drain in large fine-mesh strainer, then set strainer over same saucepan. Cover with lid and let stand 10 minutes.
2. Meanwhile, cut pork into 1-in.-thick rounds; press each with heel of hand to flatten slightly. Sprinkle with ¼ teaspoon salt and ⅛ teaspoon freshly ground black pepper.
3. In 12-in. skillet, heat 1 tablespoon oil on medium-high until hot but not smoking. Add pork in single layer. Cook 3 minutes or until well browned. Turn pork over and cook 2 to 4 minutes more or until browned and cooked through (145°F). With tongs, transfer to plate.
4. To same skillet, add green-onion whites and cook 1 to 2 minutes or until

browned and just tender, stirring. Add pears, ½ teaspoon coriander, and ¼ cup water. Cook 5 minutes or until pears are just tender and water evaporates, stirring occasionally. Add vinegar and cook 2 minutes or until pan is almost dry, stirring occasionally. Stir in accumulated pork juices.

5. While pears cook, transfer quinoa mixture to bowl. Stir in green onions, remaining tablespoon oil, remaining ¼ teaspoon coriander, and ⅛ teaspoon salt. Serve with pork and pears.

EACH SERVING About 520 calories, 32 g protein, 73 g carbohydrate, 13 g total fat (2 g saturated), 12 g fiber, 74 mg cholesterol, 435 mg sodium. ■

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- 🕒 30 minutes or less
- ♥ Heart-healthy

Bosc pears hold their shape better than others

Fast prep: Buy precut squash