Allspice-Rubbed Pork Tenderloin with Cinnamon-Sautéed Apples



Here is a Simple Cooking with Heart pork dinner with some amazing sides that sound and taste so good, you won't believe that they're good for you too!

**Ingredients**

**4** Servings

**For the Pork Tenderloin:**

* [1 lb **pork tenderloin** (all visible fat discarded)](javascript:void(0);)
* [1 tsp ground **allspice**](javascript:void(0);)
* [2 tsp **extra-virgin olive oil, canola oil, vegetable or corn oil**](javascript:void(0);)
* [1/4 tsp **black pepper**](javascript:void(0);)
* [4 **apples, (Granny Smith or any apples you like)** cored, washed, thinly sliced](javascript:void(0);)
* [1/2 tsp ground **cinnamon**](javascript:void(0);)

**Directions**

**For the Pork Tenderloin:**

* [**1** Preheat oven to 400 degrees F. Coat tenderloin with allspice and pepper.](https://recipes.heart.org/recipes/1023/allspice-rubbed-pork-tenderloin-with-cinnamon-sauted-apples-and-cilantro-rice)
* [**2** Warm oil over medium-high heat in large pan. Add tenderloin and brown each side of tenderloin for about 1 minute each (about 4 minutes total).](https://recipes.heart.org/recipes/1023/allspice-rubbed-pork-tenderloin-with-cinnamon-sauted-apples-and-cilantro-rice)
* [**3** Transfer pork to a baking dish, and cook in oven until pork has 145° F internal temperature, about 25 minutes.](https://recipes.heart.org/recipes/1023/allspice-rubbed-pork-tenderloin-with-cinnamon-sauted-apples-and-cilantro-rice)
* [**4** Meanwhile, in the original pan, add apples and cinnamon. Cook over medium-high heat stirring constantly until apples are soft, about 4 to 5 minutes. Take off heat.](https://recipes.heart.org/recipes/1023/allspice-rubbed-pork-tenderloin-with-cinnamon-sauted-apples-and-cilantro-rice)
* [**5** Let pork rest for a few minutes. Slice into pieces and serve with apples on top.](https://recipes.heart.org/recipes/1023/allspice-rubbed-pork-tenderloin-with-cinnamon-sauted-apples-and-cilantro-rice)

*Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart ® Program. For more simple, quick and affordable recipes, visit*[*heart.org/simplecooking*](http://www.heart.org/simplecooking)*.*