

Fun Food Feature of the Week!

Almonds

- The almond is often thought of as a “nut” but it is actually the seed of a fruit from an almond tree.
- Almonds were brought to the United States in 1840. Trees were planted along the eastern seaboard but it was soon realized that this was not the optimal climate for growth. The trees were then moved to California.
- Almonds that are in their shell have the longest shelf life. Choose almonds that do not have split shells, are not discolored, and do not have any noticeable mold growth. Store them in an airtight container in a low humidity, cool, dry place. They should smell sweet and nutty NOT bitter or rancid. Due to the high fat content of almonds, rancidity is a concern.
- Almonds are an excellent source of protein, omega 3 fatty acids, vitamin E, and have many potential health benefits. www.whfoods.com



Spicy Barbequed Pork Tenderloin with Green Beans

Sauce ingredients:

1/3 cup stir fry sauce

1/3 cup barbeque sauce

1/3 cup honey

1/2 teaspoon crushed red pepper

Mix all ingredients above in a bowl and set aside.

2 pork tenderloins (about 3/4 pound each)

1 bag of whole frozen green beans

1/3 cup sliced almonds

Heat oven to 450 degrees. Line a roast pan with foil. Place pork in pan and brush with sauce. Bake uncovered for 15 minutes. Remove from oven and arrange green beans around pork. Drizzle green beans and pork with more sauce. Sprinkle with almonds. Bake for 10-15 more minutes basting with sauce as necessary. Check internal meat temperature until it reads 155 degrees and the green beans are tender. Let stand 10-15 minutes (covered with foil) before carving. Serve pork with green beans. (8 servings : 1/2 starch, 2 vegetable, 2 lean meat)

www.bettycrocker.com

