

# Mix It Up! with Gina

# Gina's Recipe of the Week

## Orange Maple Glazed Pork Medallions with Black-Eye Peas

My Orange Maple Glazed Pork Medallions are terrific to have this time of year. The sweetness of the orange maple glaze is delicious with pork. I love to serve this with some black-eye peas and a salad. To save time when making my black-eye peas recipe, use already cut up vegetables found in your Foodtown's produce department. Enjoy! - Gina



Prep Time: 30 mins | Ready in: 1 hr 30 mins | Serves: 4-6

### Mix It Up...

#### Orange Maple Glazed Pork Medallions

In a deep bowl, mix cayenne pepper, salt, paprika, black pepper and olive oil. Add pork to bowl and mix well to coat.

Heat canola oil in a large skillet over medium to high heat. Add pork and cook until nicely browned, approximately 1 to 2 minutes per side.

Add apple juice, orange juice, syrup and vinegar to pan. Bring to boil, scraping any browned bits. Reduce heat to medium, until the sauce is reduced to a thick glaze, approximately 1 to 3 minutes.

### Mix It Up...

#### Black Eye Peas

Sauté all ingredients in a pan with 2 tablespoons of olive oil until vegetables soften. Add black-eye peas, broth and salt & pepper.

Cover and simmer until peas are tender. Serve with pork medallions.

Stop by Foodtown to pick up all of your ingredients to make this delicious dish!



### Ingredients

- ¼ Teaspoon Cayenne Pepper
- ½ Teaspoon Salt
- ½ Teaspoon Paprika
- ½ Teaspoon Black Pepper
- 2 Teaspoons Canola Oil
- ¾ Cup Apple Juice
- 1 Cup Orange Juice
- 1 Tablespoon Maple Syrup
- 1 Teaspoon Apple Cider Vinegar
- 1 Tablespoon Olive Oil
- 2 Lb. Pkg. Pork Tenderloin, trimmed and cut into 1 inch thick medallions

### Ingredients

- 1 Large Carrot, chopped
- 1 Green Squash, chopped
- 1 Yellow Squash, chopped
- 1 Small Red Pepper, chopped
- 1 Small Onion, chopped
- 1 - 16 Oz. Bag of Frozen Black Eye Peas
- 6 Cups of Chicken Broth
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- 2 Tablespoons Olive Oil