



## ***Father Day Foil Dinner***

---

**Serves 4**

4 six-ounce portions pork tenderloin medallions  
1 large bell pepper sliced (can use either red, yellow, or green)  
1 medium onion, sliced  
1 medium zucchini, sliced  
1 large apple, peeled and sliced  
2 medium sized potatoes, peeled, sliced and rinsed  
2 tbsp Italian herb blend  
Salt and freshly cracked pepper  
Extra virgin olive oil  
Aluminum foil squares

1. In a large bowl combine bell peppers, onions, zucchini, apple, potatoes, and Italian herb blend together into a large bowl. Drizzle with about 2-3 Tbsp extra virgin olive oil. Toss to coat vegetables. Sprinkle with salt and pepper. Set aside until ready to use.
2. Sprinkle pork tenderloin medallions with salt and pepper and place in the center of an aluminum foil square. Continue until all medallions are positioned.
3. Divide vegetables between pork medallions, cover with another aluminum foil square and seal each foil package by folding the edges upon each other.
4. Place foil packages on a grill that has been preheated and flame is turned to low.
5. Grill for about 30 minutes or until pork and vegetables are cooked thoroughly.
6. Serve and Enjoy!

(If you would like to bake in the oven preheat oven to 350 degrees and bake for about 30 minutes on a baking sheet until pork and vegetables are cooked.)

### **Nutritional Analysis**

Serving Size: One pork and vegetable packet

Calories	422
Fat	15g
Saturated Fat	3g
Cholesterol	109mg
Sodium	248mg
Carbohydrates	33g
Fiber	5g
Protein	39g

### **Diabetic Exchanges:**

Protein	6
Carbohydrates	2
Fat	3