

Slow Cooker Blackberry Pork Tenderloin

Servings: 4

From

<http://allrecipes.com/Recipe/Slow-Cooker-Blackberry-Pork-Tenderloin/Detail.aspx>

Ingredients

1 pork tenderloin
1 teaspoon ground black pepper
1 tablespoon dried rubbed sage
1 tablespoon crushed dried rosemary, or to taste
1 (16 ounce) jar seedless blackberry jam
1/4 cup honey
2 tablespoons dry red wine (such as Cabernet Sauvignon, Merlot, or a blend)

1/2 cup dry red wine (such as Cabernet Sauvignon, Merlot, or a blend)
2 tablespoons honey
1 cup fresh blackberries

Preparation

1) Season the pork tenderloin on all sides with pepper, sage, and rosemary. Place the tenderloin into a slow cooker, and spoon the blackberry jam, 1/4 cup honey, and 2 tablespoons of red wine over the pork. Set the cooker to Low, and cook until very tender, 4 to 5 hours.
2) About 15 minutes before serving time, pour 1/2 cup red wine, 2 tablespoons of honey, and the fresh blackberries into a saucepan. Bring to a boil over medium-low heat, and simmer until the sauce thickens slightly and some of the berries burst, about 15 minutes.
3) To serve, slice the tenderloin and spoon blackberry-wine sauce over slices.

Roasted Grape & Goat Cheese Stuffed Sweet Potatoes

Servings: 2

From

<http://www.howsweeteats.com/2012/01/roasted-grape-goat-cheese-honey-stuffed-sweet-potatoes/>

Ingredients

2 sweet potatoes
1 cup red, seedless grapes
1/2 teaspoon olive oil
1/8 teaspoon salt
1/8 teaspoon pepper
2 ounces goat cheese
1 tablespoon honey
Pinch of cinnamon

Pinch of nutmeg

Preparation

- 1) Preheat oven to 350 degrees F. Poke holes in sweet potato with a fork, then wrap each tightly in aluminum foil. Bake for 45 or until potatoes are tender to the touch. Unwrap foil and cut a slit down the middle of each sweet potato. Let sit until cool enough to handle. (Alternatively, microwave for about 8 minutes).
- 2) Increase oven temperature to 450 degrees F. Lay grapes on a nonstick baking sheet and drizzle with olive oil and a pinch each of salt and pepper, then toss to coat. Roast for 20 minutes, or until grapes begin to burst. Remove from the oven and let cool.
- 3) Once sweet potatoes are somewhat cool, gently remove the flesh with a spoon, trying to keep the potato intact. Add the sweet potato to a large bowl, then mash with 2 ounces of goat cheese, cinnamon, nutmeg, salt, pepper and honey. Taste and adjust seasonings if desired, then scoop flesh back into the potato skins. At this point you can re-warm the potatoes (if you let them cool completely) in the oven, then top with remaining goat cheese. Add grapes on top and serve with additional drizzled honey.