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Comfort food for cooler fall days

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Turkey or Pork Tenderloin with roasted cabbage, onions, apples and sage Photo Susie Iventosch

This dish says "autumn"! Turkey or pork tenderloin roasted with apples, cabbage and onions is comfort food for cooler fall days. A touch of sage and country Dijon complement the sweet nature of the roasted apples and veggies. As I was pouring the extra sauce over the tenderloin, I couldn't help but think what a fantastic soup base it would be. If you want to double the marinade, cook it with tenderloin you'll have a great start on your next soup project.

Even though I used both red and green cabbage, (for the additional color) I recommend using only the green cabbage. The red cabbage didn't really go with the other flavors as well as the green cabbage did. It's funny, because I make salads all the time with both red and green cabbage, and I love them together, but once cooked, the red cabbage is not as sweet as the green in my opinion. If you want to add a little more color to the dish, you could use half red and half yellow onions.

Turkey or Pork Tenderloin with roasted cabbage, onions, apples and sage

(Serves 4-6)

INGREDIENTS

Meat and Veggies:

2 lbs. turkey or pork tenderloin

2 tablespoons country Dijon mustard (to spread on tenderloin)

2 large Honeycrisp apples (or similar), cored and sliced, but leaves skins on

2 medium yellow onions, cut into wedges

1/4 head green cabbage, cut into thin wedges

Marinade:

1/4 cup olive oil

2 tablespoons white wine vinegar

1/4 cup dry white wine (or dry sherry)

1 tablespoons coarse-grain, country Dijon

1 teaspoon salt

1 teaspoon black pepper

2-4 leaves fresh sage, snipped into small bits

Garnish:

6 sprigs fresh sage

DIRECTIONS

Preheat oven to 375 F. Spray a roasting pan or casserole dish with cooking spray.

Place onions, apples and cabbage in the prepared pan and toss with 2-3 tablespoons of the marinade. Place

tenderloin in the center of the dish and spread 1-2 tablespoons country Dijon over the top. Drizzle remaining marinade over tenderloin and veggies, to use all of the marinade.

Bake for approximately 45 minutes, or until meat thermometer reads 140-145 F for pork and 165 F for turkey.

Slice tenderloin and serve alongside roasted produce. Drizzle baking juices over the top of everything.



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