

*Monthly Recipes to  
Energize Your Qi  
Invigorate Your Blood  
keeping you Strong & Healthy*

During the cold winter month's it is best to eat warm and cooked foods as raw foods are too cooling and should be avoided when it's cold outside. So, with that in mind, this months recipe is a yummy pork tenderloin. (Vegetarians may omit and replace with Soy substitute).

In Traditional Chinese Medicine pork moistens and nourishes our organs, tonifies qi, boosts the immune system and strengthens the middle burner which is the heart of our digestive system. It is important at all times to keep our digestive system strong as one of the primary places our Qi comes from are the nutrients in our food.

**Cumin spiced pork tenderloin with root vegetables**

1 tablespoon of cumin  
1 tablespoon of coriander  
1 tablespoon of diced garlic  
1 teaspoon sea salt  
Black pepper to taste  
2 pork tenderloins  
2 tablespoons of coconut oil (organic and cold pressed)  
2 onions, chopped into large slices  
4 parsnips, peeled and chopped  
2 cloves fresh garlic, smashed  
1 large orange, peeled and segmented  
Seeds of 1 pomegranate (approximately ¼ cup) (optional)

Preheat oven to 375 degrees

In a small mixing bowl, combine the cumin, coriander, diced garlic, sea salt and black pepper.

Using paper towels, pat the pork tenderloins dry, and apply the spice blend to the meat generously to create a crust. Heat a large skillet over medium-high heat and the coconut oil. Place the pork tenderloins in the skillet, and sear on all sides for approximately 2 minutes per side.

Place the onions, parsnips, garlic, orange segments, and pomegranate seeds in a large roasting dish, topped by the seared pork tenderloins. Roast for 30-40 minutes or until the internal temperature of the pork tenderloins reaches 145 degrees. If you need to continue to roast the vegetables until they are soft, simply remove the pork and set it aside on a cutting board to rest while the vegetables finish roasting for another 10-15 minutes.

Yum! Enjoy!