

Healthful and delicious go together more often than you might think!

Following the usual Thanksgiving through Super Bowl overindulgence in food and drink, I like to return to healthful eating. Since the last thing I want to do is to stop enjoying delicious meals, I've spent a lot of time learning how to have both together. Most often I turn to the recipes in my latest book, *Naturally Healthy Mexican Cooking: Authentic Recipes for Dieters, Diabetics & All Food Lovers*. The dishes were selected for that very purpose, picked because they are delicious, authentic, easy to prepare, and combine those qualities with amazingly healthful nutrition profiles!

One of the best of those recipes is [Vampire's Pork \(*Puerco estilo vampiro*\)](#). The name is a play on the ingredients, which are the same as those in the delicious cocktail called a [Vampiro](#). They include orange juice, grenadine, mild and fruity *ancho* chiles, and tequila. This version was inspired by one in *La Cocina de Laura*, by Laura B. de Carazo Campos. While my original adaptation, which this one replaces, was made with boneless pork loin, this one is even better because it is made with pork tenderloin, which is much more tender and has fewer calories! It is appropriate for anything from weeknight meals to formal entertaining.