

Roasted Pork Tenderloin

with **Mustard Glaze**

EASY | RECIPE

1 lb **pork tenderloin**,
trimmed

2 tsp **olive oil**

½ tsp grated **garlic**

⅛ tsp **pepper**

Mustard Glaze:

1 tbsp **Dijon mustard**

2 tbsp **apricot jam**

1 tbsp **balsamic** or
cider vinegar

2 tsp chopped fresh
tarragon (or **sage**)

1. Preheat oven to 350°F.

2. Mix **Mustard Glaze** and set aside.

3. Rub pork thoroughly with olive oil,
garlic and pepper.

4. Roast pork 20 minutes; remove from
oven and spread with glaze. Return
pork to oven and roast 10-15 minutes
more, until thermometer inserted in
center registers 145°F.

5. Allow to rest 5 minutes before slicing into medallions.

Serving suggestion: Serve with tossed greens and sliced fresh
pear or nectarine.



Makes 4 servings. Per serving:

194 calories | 29.7g protein | 6.2g total fat | 1.7g sat fat | 3.1g mono fat | .8g poly fat
| 82.8mg cholesterol | 4.9g carbs | .9g sugar | .3g fiber | 155mg sodium