

HONEY MUSTARD PORK TENDERLOIN

SERVES 8 • 40 MINUTES

Ingredients:

2 lean-cut 14-oz pork tenderloins
1 tablespoon extra-virgin olive oil
1 tablespoon garlic, minced
1/2 teaspoon crushed red pepper
1/2 teaspoon Kosher salt, divided
1/2 teaspoon ground pepper, divided
1/2 cup grainy Dijon mustard
1/4 Cup traditional Dijon mustard
1 teaspoon Tabasco
1/4 cup honey

Per Serving:

Calories: 275
Fat: 9 g
Cholesterol: 64 mg
Sodium: 700 mg
Carbohydrates: 22 g
Fiber: 2 g
Sugar: 16 g
Protein: 23 g
Vitamin A: 2%
Vitamin C: 3%
Iron: 11%
Calcium: 7%
Magnesium: 14%
Zinc: 16%
Omega-3: 412 mg

Nutrition Notes:

In the world of pork products, the tenderloin is an excellent choice, as it provides less than 2 grams of fat per 3-ounce serving.

Preparation:

Preheat the oven to 375°. Rub with olive oil. Set the pork tenderloins on a rimmed baking sheet, and season them with garlic, red peppers, and 1/4 tsp each salt and pepper.

Roast the pork tenderloins until an instant read thermometer inserted in the thinnest part of each tenderloin registers 145° (about 20 minutes). Transfer the pork tenderloins to a cutting board, and let them rest for 10 minutes.

In a small bowl mix both types of mustard with honey and tabasco, then season with remaining salt and pepper to create honey mustard. Slice pork 1/2 inch thick and serve with the honey mustard.

