

Pork Tenderloin with Roasted Apple

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Serves: 4

Prep: 10 minutes | **Cook:** 30 minutes

INGREDIENTS

- Cooking Spray
- 1 1/2 teaspoon of dried rosemary or thyme
- 1/2 teaspoon garlic powder
- 1/2 and 1/8 teaspoon pepper, divided
- 1/4 and 1/8 teaspoon salt, divided
- 1 pound pork tenderloin (all visible fat discarded)
- 3 teaspoons canola or corn oil, divided
- 1 medium to large apple, cut into 8 wedges
- 1 medium onion, cut into 8 wedges
- 2 teaspoons sugar

DIRECTIONS

1. Preheat the oven to 425°F. Line a rimmed baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
2. Stir together 1 teaspoon of rosemary, garlic powder, 1/2 teaspoon pepper, and 1/4 teaspoon salt. Sprinkle all over the pork. With your fingertips, press the mixture so it adheres to the pork.
3. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the pork for 4 minutes, or until richly browned on the bottom. Turn over. Cook for 2 minutes, or until golden brown. Transfer to the baking sheet.
4. Roast for 15 minutes. Arrange the apple and onion around the pork. Lightly spray the apple and onion with cooking spray. Sprinkle the sugar over the apple and onion.
5. Transfer the pork to a cutting board. Let stand for 3 minutes, or until the desired doneness. Cut crosswise into slices.
6. Keeping the apple mixture on the foil, stir in the remaining 2 teaspoons oil, 1/2 teaspoon rosemary, 1/8 teaspoon pepper and salt.



Nutrition Information

Serving Size: 3 ounces pork and 1/2 cup apple mixture

Calories	232
Total fat	8.5 g
Saturated Fat	2 g
Trans fat	0 g
Cholesterol	75 mg
Sodium	269 mg
Carbohydrates	14 g
Fiber	2 g
Sugars	10 g
Protein	25 g

Recipe sourced from: American Heart Association