

Jenny's Pork Tenderloin Dinner

Pork tenderloin is lean and inexpensive and paired with lots of different vegetables this is a very healthy complete meal. Roasting vegetables brings out their natural sugars so the tangy pork with sweet veggies is the perfect combo. You'll need an ovenproof skillet and a meat thermometer. For the most tender pork, don't overcook it!

Marinade:

2 Tablespoons olive oil
juice of 1/2 a lemon (1-2 Tablespoons)
1 clove garlic, crushed
1 teaspoon horseradish mustard
1/2 teaspoon salt
1 teaspoon honey

Vegetables of your choice – cut bite size (try potatoes, green beans, carrots, peppers, squash, Brussels sprouts, sweet potatoes, cauliflower, onion, fennel, etc.)
2 1/2 Tablespoons canola oil, divided
1 pork tenderloin

1. With a sharp knife remove all visible fat from meat, including silver skin.
2. Combine marinade ingredients and place in a zip-lock bag. Add meat and press out as much air as possible. Marinate for three hours or overnight.
3. Set oven for two racks. Preheat to 425°.
4. Place vegetables on a baking sheet, toss with 2 tablespoons olive oil, sprinkle with salt & pepper. Set aside.
5. Remove meat from marinade and pat it dry. In an ovenproof skillet, brown & turn meat in 1/2 tablespoon hot oil on medium-high heat. It takes about 5 minutes.
6. In the oven place skillet with meat on upper rack and baking sheet with vegetables on lower rack.
7. Remove meat after about 20 minutes or when it reaches 160°. Let rest 10 minutes.
8. Cook vegetables another 10 minutes until done, shaking or stirring 2-3 times.

*Serves four