



Roasted Pork Tenderloin

1.5 pound pork tenderloin
2 T. Dijon mustard
2 T. olive oil

1 T. minced garlic
½ t. fresh ground black pepper
1 t. rosemary

Heat oven to 375°. Cover a shallow baking pan with aluminum foil (shiny side down) to cover pan. Place pork tenderloin centered on pan. Mix mustard, olive oil, garlic, black pepper and rosemary in small bowl. Spread over tenderloin. Place in oven uncovered, and roast 25-35 minutes or until temperature reaches 165°. Remove from oven, cover with foil and let rest about 5 minutes, slice and serve.

Mix together a pan of [Oven Roasted Vegetables](#). Place in the oven about 5-10 minutes after putting in the tenderloin.

Servings: 5-6 oz. per serving

Other easy mixtures to spread on the tenderloin - just olive oil, garlic, Italian seasoning, black pepper and sea salt.

The pork tenderloin can also be easily roasted on the medium hot grill for about the same length of time. Along with [Grill Veggies](#) or [Grilled Peppers and Onions](#) for a no mess meal!

The planned over pork works well in the [Taco Tuesday](#) or the [Chicken Fried Rice](#) meals.