

Oven-Roasted Pork 'n Vegetables

Recipe of the Month – April 2013



One pan prep. Cooking nutritious lean pork, potatoes, carrots, onions and seasoning together makes for easy clean-up.

Prep Time: 20 Min

Start to Finish: 1 Hr.

Makes: 6 servings

INGREDIENTS

3 tablespoons olive or vegetable oil
2 teaspoons dried rosemary leaves, crushed
1 teaspoon dried sage leaves, crushed
1/2 teaspoon salt
1/4 teaspoon pepper
16 to 20 small red potatoes (about 2 lbs.), cut in half
6 to 8 medium carrots (about 1 lb.), cut into 2-inch pieces
2 small onions, cut into wedges
2 pork tenderloins (about 3/4 lb. each)

DIRECTIONS

1. Heat oven to 450°F. Generously spray 15x10x1-inch pan or shallow roasting pan with cooking spray.
2. In large bowl, mix oil, rosemary, sage, salt and pepper. Toss vegetables in mixture; remove with slotted spoon to pan (reserve remaining oil mixture). Bake vegetables 25 minutes. Stir vegetables and move to one side of pan. Roll pork in reserved oil mixture; place in pan.
3. Roast 30 to 35 minutes, stirring vegetables occasionally, until vegetables are tender, pork is no longer pink in center and meat thermometer inserted in center of pork reads 160°F.

Recipe Provides: Fats & Oils 2tsp, Meat & Beans 3oz-equivalents, Vegetables 1 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	370	Calories from Fat:	100
Total Fat:	12 g	Saturated Fat:	2 ½ g	Cholesterol:	70 mg
Sodium:	310 mg	Total Carbohydrate:	37 g	Dietary Fiber:	6 g
Sugars:	6 g	Protein:	29 g		



This recipe adapted from WWW.eatbetterearly.com