



BAKED DIJON HERB PORK TENDERLOIN

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Pork Tenderloin	1 Lb	Olive Oil	1 Tsp.
Dijon Mustard	1 Tbsp.	Juice	½ Lemon
Cloves Garlic, Minced	2	Salt and Pepper, to taste	
Rosemary, Chopped (or ½ Tsp Dried Rosemary)	1 Tsp.	Asparagus	2 Cups
Thyme	1 Tsp.	Brussels Sprouts or Green Beans	1 Cup

SERVING SIZE

5

PREPARATION

- 👉 Preheat oven to 400°F.
- 👉 Pat pork tenderloin dry with paper towels.
- 👉 In a small bowl, combine Dijon mustard, garlic, rosemary, thyme, olive oil, lemon juice, salt, and pepper.
- 👉 Rub the Dijon herb mixture evenly over the pork tenderloin.
- 👉 Place pork on a lined baking sheet or baking dish.
- 👉 Add vegetables around the pork and season lightly with salt and pepper.
- 👉 Bake for 20-25 minutes, or until the internal temperature reaches 145°F.
- 👉 Remove pork from oven and allow it to rest for 5 minutes before slicing.
- 👉 Slice into portions and serve with roasted vegetables.