

One Pan Roasted Pork

Ingredients:

- 1 pound pork tenderloin
- 2 tablespoons Italian seasoning
- 4 tablespoons olive oil
- 1 pear, unpeeled, sliced lengthwise into 1/2-inch thick pieces
- 1 apple, unpeeled, sliced lengthwise into 1/2-inch thick pieces
- 5 garlic cloves, quartered with wrappers on
- 1 cup sweet potato sliced into 1-inch by 1/2-inch pieces
- Salt and pepper to taste

Directions

1. Preheat oven to 350 °F. Coat 9-inch by 9-inch oven pan in olive oil.
2. Pat dry pork tenderloin and brush generously with olive oil. Season with salt, pepper, and Italian seasoning. Place pork tenderloin in the pan.
3. Add sliced vegetables to the pan.
4. Roast for 28 – 32 minutes.
5. Remove pork pan from the oven and rest the meat for 5 minutes before slicing to 1/2-inch pieces and serving with roasted vegetables.

Nutrition Facts

Serving Size (242g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat** 150

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 300mg **13%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 24g

Vitamin A 90% • **Vitamin C** 8%

Calcium 2% • **Iron** 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

