

Pork Tenderloin with Balsamic Onions

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Servings: 4

1 pound brussels sprouts, halved
1 pound baby potatoes, halved
3 tablespoons extra-virgin olive oil
2 cloves garlic, smashed
1 clove garlic, grated
Kosher salt
freshly ground pepper
1 (1-1/4 pound) pork tenderloin, trimmed
1 teaspoon fresh rosemary, minced
2 small red onions, sliced 1/4-inch thick
1/2 cup balsamic vinegar
2 teaspoons sugar
1 tablespoon fresh parsley, chopped

Place a rimmed baking sheet on the middle oven rack and preheat to 450 degrees.

In a large bowl, toss the brussels sprouts and potatoes with 1-1/2 tablespoons of olive oil and the smashed garlic cloves. Season with salt and pepper. Spread out on the hot baking sheet and roast until tender and browned, 25 to 30 minutes.

Meanwhile, season the pork all over with salt and pepper, then rub with the rosemary and grated garlic. In a large skillet over medium heat, heat one tablespoon of olive oil. Add the pork. Cook, turning, until browned all over, about 6 minutes. Transfer the pork to a small baking sheet (reserve the skillet). Roast in the oven until cooked through, 10 to 12 minutes. Remove to a cutting board. Let rest for 5 minutes, then slice against the grain.

Meanwhile, add the remaining 1/2 tablespoon of olive oil to the reserved skillet. Heat over medium-high heat. Add the red onions and a big pinch of salt. Cook, stirring occasionally, until softened and lightly browned, about 6 minutes. Reduce the heat to medium. Add the balsamic vinegar, 1/2 cup of water and the sugar. Simmer, stirring occasionally, until the sauce thickens, 8 to 10 minutes. Season with salt and pepper.

Divide the pork, onions and roasted vegetables among plates. Sprinkle with parsley.

Per Serving (excluding unknown items): 351 Calories; 15g Fat (38.5% calories from fat); 34g Protein; 21g Carbohydrate; 5g Dietary Fiber; 92mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.