

## Pork

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# Pork Tenderloin

Dash Magazine

**Servings: 6**

**Preparation Time: 10 minutes**

**Start to Finish Time: 40 minutes**

**marinate: 3 hours**

**1/4 cup soy sauce**

**1/4 cup dark-brown sugar**

**1/4 cup fresh lemon juice**

**2 cloves garlic, minced**

**1 tablespoon fresh ginger, grated**

**1 tablespoon Dijon mustard**

**1 teaspoon dried oregano**

**2 1-pound pork tenderloins**

**3/4 cup fresh orange juice**

**2 tablespoons unsalted butter**

Preheat oven to 375 degrees.

Prepare the marinade. In a bowl, combine the soy sauce, sugar, lemon juice, garlic, ginger, mustard and oregano; mix well. Pour into a one-gallon freezer bag. Add the pork, seal the bag and refrigerate for a minimum of three hours.

Place pork in a roasting pan; reserve the marinade. Roast the pork until the center measures 155 degrees, approximately 35 to 40 minutes. Tent with foil and set aside.

In a saucepan, combine the marinade with juice from the roasting pan and the orange juice. Bring to a boil. Lower the heat and simmer until liquid is reduced by half. Stir in the butter.

Slice the pork and serve with the sauce.

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Per Serving (excluding unknown items): 62 Calories; 4g Fat (56.3% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 718mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.