

Rosemary-Garlic Pork Tenderloin

BMG

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Servings: 12

*4 teaspoons minced garlic
cloves
2 teaspoons dried rosemary
2 teaspoons dried oregano
1 teaspoon black pepper
1/2 teaspoon salt
4 pounds pork tenderloin*

Preheat the oven to 425 degrees.

In a small bowl, stir together the garlic, rosemary, oregano, pepper and salt. Rub the mixture all over the pork. Transfer the pork to a rack in a shallow baking pan.

Roast for 30 to 35 minutes, until the pork is slightly pink in the center and an instant read thermometer inserted into the center registers 145 degrees.

Tent with foil and let stand for 5 minutes before slicing.

Per Serving (excluding unknown items): 183 Calories; 5g Fat (calories from fat); 32g Protein; trace Carbohydrate; trace Dietary Fiber; 98mg Cholesterol; 165 Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Fat.