

## ROASTED PORK TENDERLOIN

**SERVES: 8**

### INGREDIENTS:

2 #S	Pork tenderloins, cleaned and trimmed, plain
1 tsp.	Sea salt, sprinkled on the tenderloins
¼ tsp.	Ground white pepper
	Meat thermometer- pork should reach 135°F. Should be slightly pink the center

### MARINADE:

½ c.	Balsamic vinegar
½ c.	Maple syrup, sugar free
1 Tablespoon	Rosemary, fresh, chopped
1 Tablespoon	Thyme, fresh, chopped
1 Tablespoon	Garlic, chopped
1 each	Shallot, chopped

### PREPARATION:

- Marinate pork tenderloin or pork medallions at least an hour before cooking.
- Reserve some marinade and place in sauce pot, to let reduce to use as sauce.
- Preheat oven to 350°F
- Place parchment paper on baking sheet, or simply spray sheet with cooking spray.
- Place each tenderloin on the baking sheet, and season.
- Bake in oven for 20 minutes or until the internal temperature reaches 135 degrees. This internal temperature will cook the pork at a medium rare.
- Slice tenderloin on a slight bias and serve with our spiced apple compote.

<b>Number of Servings:</b>	<b>6</b>
<b>Serving Size:</b>	<b>4 ounces</b>
<b>Calories:</b>	<b>170</b>
<b>Fat:</b>	<b>2</b>