

Pork Tenderloin Studded with Rosemary and Garlic

SOURCE: Cooking Light, OCTOBER 2002

INGREDIENTS:

2 TBS finely chopped fresh rosemary
4 garlic cloves, minced
1 (1-lb) pork tenderloin, trimmed
1/2 tsp salt
1/4 tsp black pepper
Cooking spray

DIRECTIONS:

Preheat oven to 475° F.

Combine rosemary and garlic. Make several 1/2"-deep slits in pork - place about half of rosemary mixture in slits. Rub pork with remaining rosemary mixture - sprinkle with salt and pepper. Place pork on jellyroll pan coated with cooking spray. Insert meat thermometer into thickest portion of pork.

Bake 20 minutes or till thermometer registers 160° F (slightly pink) or desired degree of doneness. Let stand 5 minutes and cut into 1/4"-thick slices.

Yield: 4 servings (serving size: 3 oz)

NUTRITION PER SERVING: CALORIES 147 (26% from fat); FAT 4.2g (sat 1.4g, mono 1.6g, poly 0.4g);
PROTEIN 24.2g; CARB 1.5g; FIBER 0.1g; CHOL 67mg; IRON 1.6mg; SODIUM 342mg; CALC 23mg