

FALL

Quick & Easy PORK TENDERLOIN

Searching for a recipe while avoiding a visit to the grocery store? This recipe focuses on staples that you may already have in your freezer and pantry!

Serving Size: 4-6

Prep and Cook Time: 35 minutes

INGREDIENTS:

2-1 lb. pork tenderloins
3 tablespoons olive oil
2 teaspoons garlic powder
2 teaspoons salt
½ teaspoon black pepper

1 teaspoon chili powder
½ teaspoon paprika
¾ cup brown sugar
1 cup pure maple syrup
1 teaspoon butter



Recipe courtesy of the National Pork Board



DIRECTIONS:

1. Begin by preheating the oven to 400°F.
2. Grab a small mixing bowl and combine garlic powder, salt, pepper, chili powder, and paprika. Wash your hands, then coat the spice mixture over the tenderloins.
3. Put a large pan, large enough to hold one or both tenderloins, over medium-high heat and start to heat oil. Add tenderloins to the pan to brown on all sides for approximately 5-6 minutes in total, rotating to evenly brown each side.
4. Add the brown sugar, syrup, and butter in a small saucepan. Cook on low while stirring constantly for around three minutes.
5. Transfer tenderloins into a glass baking dish that has been sprayed with non-stick cooking spray. Cover with half of the glaze sauce.
6. Cover with foil and bake for approximately twenty minutes until each tenderloin reaches an internal temperature of 135°F. Remove from the oven and remove the foil. Top with remaining glaze then return to the oven to bake for an additional 8-10 minutes, or until it reaches an internal temperature of 145°F.
7. Remove from the oven and allow to rest for ten minutes. Slice and serve with potatoes and other root vegetables!

