PORK TENDERLOIN & ROASTED BRUSSEL SPROUTS

Try this easy roasted pork tenderloin rubbed with spices and drizzled with a sweet and tangy sauce. We love it because this meal only takes 30 minutes from start to finish, but tastes like you've been in the kitchen all day!
Serve with brown rice or favorite whole grain for a complete and satisfying dinner!

Ingredients:

- 2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/4 tsp salt
- 1 (1-pound) pork tenderloin, trimmed
- 2 T hot or mild mango chutney or apricot preserves
- 1 T whole grain mustard
- 1 T water
- 2 tsp olive oil
- 1 pound fresh Brussels sprouts, trimmed and halved



Directions:

Preheat oven to 400°F. Combine cumin, garlic powder, thyme, and salt in a small bowl; rub 2 teaspoons evenly over pork. Stir chutney, mustard, and water into remaining spice blend; set aside. Heat 1 teaspoon oil in a large 12-inch cast iron or other ovenproof skillet over medium heat. Add pork tenderloin; cook 2 minutes on each side or until browned. Toss Brussels sprouts in remaining 1 teaspoon olive oil and add to pan. Bake 15 to 20 minutes or until a meat thermometer inserted into the thickest portion registers 145°F (slightly pink). Remove from oven; let stand 5 minutes. Slice pork and return to skillet; drizzle with reserved chutney-mustard sauce and serve

Note: If pork is done before sprouts are tender (especially if large), transfer pork to a cutting board and cover with foil. Roast sprouts 5 additional minutes or until tender. Serves: 4 | Serving Size: 3 ounces pork + 3 ounces Brussels sprouts + 1 tablespoon sauce

NUTRITION PER SERVING:

Calories: 215; Total Fat: 6g; Saturated Fat: 2g; Monounsaturated Fat: 2g; Cholesterol: 74mg; Sodium: 312mg; Carbohydrate: 14g; Dietary Fiber: 5g; Sugar: 5g; Protein: 28g

Reference: www.myfitnesspal.com