

GLAZED PORK TENDERLOIN

Pork tenderloin is lean and tender, a healthy high-nutrient protein choice if you are looking for a healthy alternative other than chicken.

INGREDIENTS

- 1 lb pork tenderloin
- 1 lb green beans
- 1 lb yellow potatoes
- 1 tsp salt, divided
- 1/2 tsp pepper, divided
- 1 tsp garlic powder, divided
- 1/2 tsp onion powder, divided

FOR THE GLAZE

- 1/4 cup low-sodium soy sauce
You could substitute with Hoison sauce or maple syrup
- 2 tbs nut butter
- 1 tbs honey
- 2 tsps rice wine vinegar
- 1/2 tsp garlic powder
- 1/4 tsp pepper

DIRECTIONS

STEP 1

Preheat oven to 450 degrees. Spray a large baking sheet pan and line with parchment paper or foil and spray with cooking spray.

STEP 2

Trim green bean stems. Cut potatoes into small bite size chunks and arrange potatoes and green beans on baking pan. Spray generously with cooking spray.

STEP 3

Sprinkle potatoes and beans with 1/2 tsp salt and 1/4 tsp pepper, and garlic powder toss well until everything is evenly coated with seasonings.

**You may remove beans at this point to add back in halfway through. This will prevent the beans from being overcooked.*



STEP 4

Mix all the glaze ingredients together. Adjust to taste.

STEP 5

Lay pork tenderloin over potatoes and brush with glaze, sprinkle pork with remaining salt and pepper. Roast for 10-15 minutes. Add in green beans and stir in with the potatoes. Place the pan back in the oven for another 10-15 minutes, or until thickest part of tenderloins reaches 145 degrees. Remove pork from baking pan and set aside to rest.

STEP 6

Toss veggies in the broth remaining on pan and broil potatoes and beans for an additional 5-10 minutes, or until cooked to your liking. Enjoy!

NUTRITION FACTS

Serving Size: Serves 4
Per Serving: 289, 10 g fat, 3 g saturated fat, 35 g carbohydrates, 5 g fiber, 7 g sugar, 26 g protein



Wisconsin Athletic Club

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