



Love your heart.

HEART-HEALTHY RECIPES

Herb Marinated Pork Tenderloins

Serves 4

Ingredients:

1 lemon, zest
½ cup freshly squeezed lemon juice (2 to 4 lemons)
Olive oil
1½ Tbsp minced garlic (about 4 cloves)
1 Tbsp minced fresh rosemary leaves
½ Tbsp chopped fresh thyme leaves
1½ tsp Dijon mustard
2 pork tenderloins (about 1 lb each)
Black pepper

Instructions:

1. Combine the lemon zest, lemon juice, ½ cup olive oil, garlic, rosemary, thyme and Dijon mustard in a gallon resealable plastic bag.
2. Add the pork tenderloin and turn to coat with the marinade.
3. Squeeze out the air and seal the bag. Marinate the pork in the refrigerator for at least 3 hours, but preferably overnight.
4. Preheat the oven to 400°.
5. Remove the tenderloins from the marinade and discard the marinade but leave the herbs that cling to the meat. Sprinkle the tenderloins with pepper.
6. Heat olive oil in sauté pan over medium high heat. Sear the pork tenderloins on all sides until golden brown.
7. Place the sauté pan in the oven and roast the tenderloins for 10 to 15 minutes or until the meat registers 140° at the thickest part.
8. Transfer the tenderloins to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes.
9. Carve the tenderloin and serve.