

Roast Pork

INGREDIENTS:

1 ½ lb pork tenderloin
2 ea sprigs of fresh rosemary

DIRECTIONS:

Preheat the oven to 325 degrees F. Place the rosemary sprigs between the two parts of the tenderloin. Wrap the tenderloin in foil and place in a small baking pan. Roast for about 1 hour or until internal temperature of meat is 165 degrees.

Carefully remove foil and allow the meat to roast uncovered for an additional 10 minutes, or until browned. Remove from the oven and allow to cool slightly. Remove rosemary sprigs, slice and serve.

Makes 6 servings.
Calories: 155/serving

NUTRITIONAL INFORMATION PER SERVING:

23g protein
0g carbohydrates
6g fat
56mg sodium
75mg cholesterol
0g fiber