



Crazy Glazy Roast Pork Tenderloin



1/4th of recipe (about 3.25 oz. cooked pork with 2 tbsp. glaze): 217 calories, 4g total fat (1g sat. fat), 560mg sodium, 18g carbs, <0.5g fiber, 14g sugars, 24g protein

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Prep: 15 minutes **Cook:** 25 minutes

Marinate: 1 hour



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Ingredients

Marinade

2 tbsp. reduced-sodium/lite soy sauce
1 tbsp. Worcestershire sauce
1 tbsp. Dijon mustard
2 tsp. brown sugar (not packed)
1 tsp. crushed garlic
1/2 tsp. ground ginger

Pork

One 1-lb. raw pork tenderloin, trimmed of excess fat

Glaze

1/4 cup jellied cranberry sauce
1/4 cup low-sugar apricot preserves
2 tbsp. seasoned rice vinegar
1 tbsp. balsamic vinegar

Directions

In a small bowl, mix marinade ingredients until sugar has mostly dissolved. Place pork and marinade in a large sealable plastic bag; remove air and seal. Gently knead marinade into meat through the bag. Marinate in the fridge for 1 hour.

Preheat oven to 425 degrees.

In a microwave-safe bowl, combine glaze ingredients. Whisk well.

Bring an oven-safe skillet sprayed with nonstick spray to high heat. Add pork and discard excess marinade. Evenly sear meat, rotating it occasionally, until dark on all sides, about 5 minutes total.

Place skillet in the oven and bake for 10 minutes. Spoon 1/3rd of the glaze (about 1/4 cup) over the meat. Bake until pork center reaches 145 degrees, 5 to 10 minutes.

Remove pork from skillet and let rest for 10 minutes. Microwave remaining glaze for 30 seconds, or until warm.

Slice pork and serve with warm glaze, about 2 tbsp. per serving. YUM!

MAKES 4 SERVINGS

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