

Roasted Pork Tenderloin



main meals

POINTS® Value: 3

Servings: 8

Preparation Time: 10 min

Cooking Time: 30 min

Level of Difficulty: Easy

A simple blend of herbs and spices, with a touch of olive oil, transforms an ordinary pork roast into an exceptional main course.

Ingredients

- 1 spray(s) cooking spray
- 2 tsp dried thyme, or 2 Tbsp freshly chopped thyme
- 2 tsp dried oregano, or 2 Tbsp freshly chopped oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp table salt
- 1 tsp black pepper, freshly ground
- 2 tsp olive oil
- 2 pound(s) lean pork tenderloin

Instructions

- Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.
- Combine thyme, oregano, garlic powder, onion powder, salt and pepper in a small bowl; set aside.
- Rub oil all over pork. Sprinkle thyme mixture all over pork and transfer to prepared pan.
- Roast until an instant-read thermometer inserted in center of pork reads 160°F, about 30 minutes.
- Let stand 10 minutes before slicing crosswise into thin (about 1/2-inch thick) slices. Yields about 3 ounces per serving.

Notes

- For variety, try seasoned oils (such as roasted red pepper olive oil or garlic olive oil) and a variety of herbs and spices (such as parsley, rosemary, onion powder and cumin).