

# Easiest Ever Pork Tenderloin

**NUMBER OF SERVINGS: 6**

## Ingredients

- Ontario pork tenderloins 2 0.75 lb (350 g) each
- Your favourite oil-based ready-to-use salad dressing (Italian, Greek, etc.)  $\frac{2}{3}$  cup (150 mL)

## Directions

1. Place pork tenderloins in a zip-top plastic bag and add salad dressing. Seal bag and massage marinade into pork. Place in refrigerator for at least 1 hour (up to overnight).
2. When ready to cook, preheat oven to 400°F (200°C).
3. Line a shallow baking dish with foil.
4. Remove tenderloins from bag (discard remaining dressing) and place in baking dish.
5. Roast for about 20-25 minutes, or until internal temperature reaches 155°-160°F (68°-71°C) with a meat thermometer.
6. Serve with rice and your favourite vegetable, or slice and serve on salad greens topped with additional dressing if desired.

## NUTRITION PER SERVING

Calories 141 | Protein 25g | Fat 2g | Carbohydrates 3g | Fibre 0g | Sodium 440mg



Ontario produces approximately 4.9 million hogs each year.



Pork is a source of zinc which is an essential mineral that supports our immune system and helps our body use carbohydrates, protein and fat for energy. Zinc is an important mineral for older adults as they tend not to consume the recommended daily amount.



For a different flavour, try slicing up the tenderloin and cooking in a pan on the stove or on the grill. Slice and freeze leftover pork in individual portions for another day.

# Mains



Recipe  
and photo  
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