

Stuffed Pork Tenderloin

Ingredients

3 cloves garlic, crushed

2 tbsp lemon juice, freshly squeezed

2 tsp Dijon mustard

1 tsp olive oil

1/4 tsp fresh ground black pepper

1 lb pork tenderloin

1 1/2 oz reduced fat mozzarella cheese

2 cups fresh baby spinach

2 tbsp chopped sun dried tomatoes

1 oz thin sliced prosciutto

Salt and fresh cracked pepper, to taste

Method

Combine crushed garlic, lemon juice, mustard, olive oil, and pepper; mix well.

Cut a lengthwise slit down the center of the tenderloin to within 1/2-inch of bottom (careful not to cut all the way through).

Open tenderloin so it lies flat. On each half, make another, lengthwise slit down the center to within 1/2-inch of bottom; cover with plastic wrap. Flatten to 1/4-in. thickness with a mallet.

Remove plastic wrap; spread 1/2 of the garlic/Dijon mixture on the inside of the pork. Layer the cheese, spinach, sun dried tomatoes and prosciutto on top, press down gently.

Roll up pork jelly-roll style, starting with a long side. Tie the roast at 1-1/2-inch to 2-inch intervals with kitchen string.

Season lightly with salt, and remaining garlic/Dijon mixture. Place on a rack in a shallow baking pan. Bake, uncovered, at 425° for 25-30 minutes or until a meat thermometer reads 160°. Place under the broiler to brown the top for 5 minutes, then transfer to a serving platter or cutting board.

Let stand 10 minutes before removing string and slicing. Slice in 8 pieces.

