

# PECAN-CRUSTED PORK TENDERLOIN

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Smother lean pork tenderloin with nutritious pecan pieces for an easy elegant entrée.

## INGREDIENTS

1 pork tenderloin (about 1 1/2 pounds)

1/2 cup pecan pieces

Salt and pepper, to taste

1/2 cup brown sugar, divided

2 tablespoons soy sauce, divided

2 teaspoons minced garlic

1/4 cup pineapple juice

2 tablespoons Dijon mustard

## METHOD

1. Preheat oven to 400 degrees F. and lightly grease a large baking dish. Season pork tenderloin with salt and pepper to taste and set aside.
2. In a small bowl, stir together 1/4 cup brown sugar, 1 tablespoon soy sauce, and minced garlic. Spread mixture over the top of the pork.
3. Press chopped pecans onto the brown sugar mixture on the pork. Bake uncovered in preheated oven for 20 minutes.
4. While pork is cooking, prepare the sauce: In a medium sauce pan over medium-high heat, combine remaining

1/4 cup brown sugar, 1 tablespoon soy sauce, pineapple juice, and Dijon mustard. Bring mixture to a boil, reduce to a simmer for 3 to 5 minutes, then remove from heat.

5. Slice pork, spoon sauce over the top, and serve. Serves 6.

## NUTRITION FACTS

Calories	Fat	Sat Fat	Sodium
280	11g	2g	480mg
Carbs	Fiber	Protein	
22g	1g	25g	