**Roasted Pork Tenderloin with Mushrooms & Artichoke Hearts**

1 pound pork tenderloin

2 cups white button mushrooms, quartered

12 oz frozen artichoke hearts, defrosted

½ small onion, diced

1 Tbsp canola oil

2 cloves garlic, minced

1 cup dry white wine (optional)

2 cups organic low fat, low sodium chicken broth

3 Tbsp chopped fresh flat-leaf parsley

Pinch of sea salt or Mrs. Dash seasoning

Freshly ground black pepper to taste

1. Position a rack in the center of the oven and preheat to 400º F

2. In a large skillet, heat the oil over medium-high heat. Season both side of the pork with sea salt or Mrs. Dash and pepper. Cook the pork, turning occasionally, until browned on all sides, about 8 minutes. Transfer pork to a 13-by-9-in. glass or ceramic baking dish.

3. Using the same skillet, sauté onions, mushrooms, and garlic. Cook, stirring frequently, until the onions are soft, about 8 minutes. Add the artichoke hearts, wine (optional) and broth. Scrape the browned bits from the pan with a wooden spoon. Bring the mixture to a boil and cook for 2 minutes, allowing the sauce to reduce.

4. Pour the wine-broth mixture into the baking dish with the pork and bake until a meat thermometer inserted into the thickest part of the pork registers 165 degrees F, about 25 to 30 minutes. Transfer the pork to a cutting board and let rest for 15 minutes.

5. Pour the pan juices into a medium saucepan. Stir in the chopped parsley and keep warm over low heat. Taste and season if needed.

6. Cut the pork into twelve 1/2-inch-thick slices. Spoon the wine-broth sauce over the top of the pork and serve. Recipe is: Low fat, Gluten free, Low carb, Low sodium