



Garlic Herb Pork Tenderloin with Roasted Potatoes, Carrots & Gravy

INGREDIENTS

- 10 oz pork tenderloin
- 12 oz carrots
- 12 oz potatoes
- 1 garlic clove, grated
- 1/4 oz. chives
- 1 Tbsp stone ground mustard
- 1/2 Tbsp olive oil
- 1/2 cup Heinz pork gravy
- salt and pepper to taste

NUTRITION FACTS

Serves: 2

Amount Per Serving:

- Calories 388
- Total Fat 8 g
- Saturated Fat 2 g
- Cholesterol 75 mg
- Sodium 1254 mg
- Carbohydrate 44 g
- Dietary Fiber 11 g
- Sugars 9 g
- Protein 36 g
- myWW Blue: 9
- myWW Purple: 6
- myWW Green: 12

DIRECTIONS

1. Preheat oven to 450 degrees
2. Line baking sheet with aluminum foil and spray with cooking spray.
3. Scrub potatoes and carrots with a vegetable brush (or peel if you prefer).
4. Slice potatoes and carrots into the shape of fries.
5. Spread out onto prepared tray.
6. Sprinkle with salt and pepper
7. Spritz with olive oil spray.
8. In small dish, mix together grated garlic, 1 Tbsp mustard, 1/4 oz chives, 1/2 Tbsp olive oil
9. Pat pork dry and sprinkle with salt and pepper.
10. Place pork on baking sheet with potatoes and carrots
11. Spread mustard mixture over pork
12. Bake at 450 for about 25 minutes.
13. Let rest 5 minutes.
14. Plate and drizzle with gravy (1/4 cup on each plate).

This recipe can be found at:

<https://planningushealthy.com/garlic-pork-tenderloin>

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