



# Herbed Pork Tenderloin



Where service *and savings* matter.

**SERVINGS:** 4

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving: calories 180, calories from fat 50, total fat 6g, saturated fat 0.5g, trans fat 0g, cholesterol 75mg, sodium 210mg, total carbohydrate 6g, dietary fiber <1g, sugars 2g, protein 25g, vitamin A 0%, vitamin C 6%, calcium 2%, iron 8%

- 1 1/2 cup minced onions
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/2 tsp rosemary
- 1/4 tsp oregano
- 1/4 tsp basil
- 1/4 tsp paprika
- 1 1/2 Tbsp minced garlic
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 lb pork tenderloins

**DIRECTIONS:**

- Preheat the oven to 400 degrees F.
- Mix all the ingredients except the tenderloin.
- Rub over the pork.
- Put the tenderloin in a shallow roasting pan.
- Bake, uncovered at 400 degrees for 45 minutes.
- Remove from the oven, cover with foil and let it sit for ten minutes.
- Slice.
- Tip: Use half tonight, and save the other half for barbecue sandwich's later in the week.

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