

Orange Spiced Pork Tenderloin

Makes 5 servings

1 T cloves
1 T nutmeg
1/4 salt
1 Pork tenderloin 1 1/2 -2 pounds fresh
1 c orange juice
1/4 c honey
1 T cornstarch
1 T water



Preheat oven to 400°F. Mix together cloves, nutmeg, and salt in a small bowl. Using half the mixture, coat the tenderloin with the spices. Place the tenderloin on a baking sheet sprayed with nonstick spray. Roast for about 35 minutes, until internal temperature registers 155°F. Meanwhile place remainder of spice blend, juice, and honey in a small sauce pan on medium heat. While liquid is heating, mix cornstarch and water in a separate small bowl. Add cornstarch water slurry to juice mixture, whisking to incorporate until it boils. When roast has been in for 30 minutes take out and baste with about a third of the sauce. For each serving slice four 1/2 inch medallions of tenderloin and serve with sauce.

Nutrition information: 230 calories, 4g fat (2.5g saturated fat), 27g protein, 180mg sodium, 1g dietary fiber. Excellent source of: Vitamin C. Good source of iron.

