



Eat Well

## Maple Mustard Pork Tenderloin

### Directions

Preheat oven to 425° F. Combine 1 tablespoon mustard, salt and pepper in a small bowl; rub all over pork. Heat oil in a large oven proof skillet over medium-high heat. Add pork and brown on all sides, 3 to 5 minutes. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center registers 145° F, about 15 minutes. Transfer to a cutting board and let rest for 5 minutes.

Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar, and boil, scraping up any browned bits with a wooden spoon, about 30 seconds. Whisk in maple syrup and the remaining 2 tablespoons mustard; bring to a boil, reduce heat to a simmer and cook until the sauce is thickened, about 5 minutes. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.

*Servings: 8*

### Nutrition information per serving:

Calories 115, Total Fat 3.5g, Saturated Fat 1g, Sodium 240mg, Carbohydrates 5g, Fiber 0g, Protein 14g.

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### Ingredients

- » 3 tablespoons Dijon mustard, divided
- » ½ teaspoon kosher salt
- » ½ teaspoon freshly ground pepper
- » 1 pound pork tenderloin, trimmed
- » 2 teaspoons canola oil
- » ¼ cup cider vinegar
- » 2 tablespoons maple syrup
- » 1½ teaspoons chopped fresh sage

