

Dijon Herb Pork Tenderloin



PREPARATION TIME

15 minutes



COOKING TIME

20 minutes



PERFECT PARTNER

roasted potatoes



Pork loin roast has all the flavor of a tenderloin but at a fraction of the cost. For a significant budget-stretcher, purchase a two-pound pork roast cut from the loin. Slice and proceed as recipe directs.

SHOPPING LIST

- pork tenderloin • apple juice

ON HAND

- salt • dried sage • butter
- Dijon mustard • flour

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INGREDIENTS

- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 4 teaspoons Dijon mustard
- 2 teaspoons dried sage
- 2 tablespoons butter, melted
- 1/4 cup apple juice or dry white wine
- 1 tablespoon butter, softened
- 1 tablespoon all-purpose flour

SERVES 4

COOKIN'
Express

• Have your local butcher slice the pork tenderloin for you to save precious minutes in the kitchen.

Make Ahead

You can prepare the pork until the baking stage up to 4 hours ahead. Cover and refrigerate until ready to cook.

◆ VARIATION

For a hint of sweetness, add 2 tablespoons honey to Dijon mustard before spreading it on the pork.

1 Preheat oven to 375°F. Grease a medium baking dish. Cut pork into 1-inch slices. Arrange in prepared baking dish. Sprinkle pork with salt.



2 Spread mustard on pork. Pat sage onto both sides. Drizzle melted butter over pork. Pour apple juice into baking dish. Bake pork until cooked through, about 20 minutes.

3 Pour juices from baking pan into a small saucepan. Blend butter and flour with a fork in a small bowl; add flour mixture to saucepan.



4 Cook over high heat, stirring continually, until sauce is thickened, about 1 minute. Drizzle over pork.