

Pork Tenderloin with Mustard Sauce

Portions: 12, Serving Size: 2 oz tenderloin and 1 tablespoon sauce

INGREDIENTS

- 1 tablespoon coarsely ground black pepper
- 2 teaspoons paprika
- ½ cup plain bread crumbs
- ¼ cup fresh parsley, chopped
- 2 tablespoons olive oil
- ½ cup spicy brown mustard (divided use)
- 2 lbs beef or pork tenderloin
- 1 teaspoon prepared horseradish
- 1 tablespoon brown sugar
- ½ cup sour cream

PREPARATION

1. Preheat oven to 425 °F.
2. Combine pepper, paprika, breadcrumbs, parsley and canola oil in a small bowl. Spread mixture on a piece of waxed paper longer than tenderloin.
3. Trim the fat and skin from the tenderloin and tie with kitchen string.
4. Brush the tenderloin with ¼ cup mustard, then roll in spice mixture to coat.
5. Insert meat thermometer into middle of the tenderloin and place on a roasting rack. Cook 30 to 45 minutes, until thermometer registers 145 °F for beef or 160 °F for pork.
6. Let meat rest 10 to 15 minutes then slice into 12 portions.
7. To make sauce, heat remaining ¼ cup mustard, horseradish and brown sugar in a small pan over medium heat.
8. Cook and stir for 3 minutes.
9. Reduce heat to low and stir in sour cream. Remove from heat and serve over tenderloin.

Nutrients per serving: Protein 17 g, Sodium 177 mg, Potassium 295 mg, P04 164 mg

Source: DaVita Recipes - <http://www.davita.com>

