



Copyright 2021. The Food Fairy. All rights reserved.

Low Sodium Thyme and Lemon Pork Tenderloin

Serves 6

Ingredients:

2 to 4 lemons, zest and juice
2 to 4 TBSP grapeseed oil
2 to 3 TBSP garlic, minced (6 cloves)
1 to 2 TBSP fresh thyme leaves, chopped
a pinch of kosher salt
1 lb. pork tenderloin, silver skin removed
freshly ground black pepper

Preparation:

1. Preheat the oven to 400°. Combine the lemon zest, lemon juice, grapeseed oil, garlic, thyme, and salt and pepper in a small bowl. (TLG mixture)
2. Place pork tenderloin in an oven safe container. A container that is just big enough for the pork tenderloin is the best. Add TLG mixture to the pork tenderloins.
Place the container in the oven and roast for 10 to 15 minutes or until the meat registers 137° at the thickest part. Transfer the tenderloin to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in 1/2-inch-thick diagonal slices. The thickest part of the tenderloin will be quite pink (it's just fine!) and the thinnest part will be well done. Season with a light sprinkle of salt and pepper and serve warm, or at room temperature, with the juices that collect in the platter.



Food Fairy Note:

Adapted from: *Herbed Pork Tenderloin*, Ina Garten, 2009

WWW.FOODFAIRY.COM