



Roasted Pork Tenderloin



Course: **main meals**

PointsPlus™ Value: **3**

Servings: **8**

Preparation Time: **10 min**

Cooking Time: **30 min**

Level of Difficulty: **Easy**

A simple blend of herbs and spices, with touch of olive oil, transforms an ordinary pork roast into an exceptional main course.

Ingredients

- 1 spray(s) cooking spray
- 2 tsp dried thyme, or 2 Tbsp freshly chopped thyme
- 2 tsp dried oregano, or 2 Tbsp freshly chopped oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp table salt
- 1 tsp black pepper, freshly ground
- 2 tsp olive oil
- 2 pound(s) lean pork tenderloin

Instructions

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

Combine thyme, oregano, garlic powder, onion powder, salt and pepper in a small bowl; set aside.

Rub oil all over pork. Sprinkle thyme mixture all over pork and transfer to prepared pan.

Roast until an instant-read thermometer inserted in center of pork reads 160°F, about 30 minutes.

Let roast stand 10 minutes before slicing crosswise into thin slices. Yields about 3 ounces per serving.

Notes

For variety, try seasoned oils (such as roasted red pepper olive oil or garlic olive oil) and a variety of herbs and spices (such as parsley, rosemary, onion powder and cumin).