

One Pan Roasted Pork Tenderloin with Veggies

INGREDIENTS:

- 2 lbs pork tenderloin
- ¼ raw organic honey
- 3 garlic cloves, minced
- 3 T coarsely ground mustard (deli or stone ground mustard will work)
- 1 tsp. Dried rosemary
- 3 T extra virgin olive oil
- 1 lb Yukon Gold potatoes, unpeeled, quartered
- 1 lb green beans, trimmed
- Salt & pepper, to taste
- Non stick spray, butter, coconut oil, to grease the pan

PROCESS:

- Preheat the oven to 450 degrees F.
- Combine olive oil, honey, garlic, mustard, and rosemary in a bowl. Taste and season as necessary with salt and pepper.
- Pat pork dry with paper towel and season with pepper. Brush tenderloins all over with the glaze.
- Grease baking sheet.
- Arrange green beans crosswise down center of rimmed baking sheet, leaving room on both sides for potatoes.
- Place potatoes face down on the pan.
- Spray the potatoes and green beans with non-stick spray or drizzle with olive oil, season with salt and pepper.
- Lay tenderloins, side by side without touching, lengthwise on top of green beans. Brush the tenderloins again with the glaze.
- Roast until pork registers 140 degrees about 20-25 minutes.
- Move the tenderloins to a carving board and tent with aluminum foil and let rest while vegetables finish cooking.
- Increase oven temperature to 475 degrees F and return baking pan to the oven and roast until vegetables are tender and golden brown, 5-10 minutes more.
- Remove from oven.
- Transfer vegetables to platter. Cut pork into 1/2 -inch thick slices and place with vegetables, drizzle with any remaining pan juices. Serve!

