

Honey-Hoisin Pork Tenderloin

Look for hoisin sauce in the Asian section of your market. Clover honey would work for this dish if you can't find sage honey. Serve with green salad and mashed potatoes.



2 tablespoons sliced green onions
2 tablespoons hoisin sauce
2 tablespoons low-sodium soy sauce
2 tablespoons sage honey
1 tablespoon hot water
2 garlic cloves, minced
1 (1-pound) pork tenderloin, trimmed
1/4 teaspoon salt
Cooking spray
1/2 teaspoon sesame seeds

Preheat oven to 400°.

Combine first 6 ingredients in a small bowl. Pour 1/4 cup honey mixture into a large zip-top plastic bag; reserve remaining honey mixture. Add pork to bag; seal and marinate in refrigerator 30 minutes, turning bag occasionally.

Remove pork from bag; discard marinade. Sprinkle pork with salt. Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add pork; cook 2 minutes, browning on all sides. Brush 1 tablespoon reserved honey mixture over pork; sprinkle with sesame seeds. Place skillet in oven. Bake at 400° for 20 minutes or until a thermometer registers 160° (slightly pink) or until desired degree of doneness.

Place pork on a platter; let stand 5 minutes. Cut pork across the grain into thin slices. Drizzle with the remaining honey mixture.

Yield: 4 servings (serving size: 3 ounces pork and about 2 teaspoons honey mixture)

CALORIES 195(20% from fat); FAT 4.3g (sat 1.4g,mono 1.9g,poly 0.6g); PROTEIN 24.7g;
CHOLESTEROL 74mg; CALCIUM 12mg; SODIUM 633mg; FIBER 0.5g; IRON 1.7mg; CARBOHYDRATE
13.6g

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