



Peach Rosemary Pork Tenderloin

INGREDIENTS

1 of pound pork tenderloins, trimmed

¼ cup dry white wine

1 teaspoon whole-grain mustard

Salt and freshly ground pepper to taste

1 can (15 oz) Peaches in own juice

Zest of 1 lemon

¼ teaspoon chopped fresh rosemary

DIRECTIONS

Preheat oven to 350 F. Pat the pork dry and season with salt, pepper and rosemary. Place tenderloin in a baking dish with sides. Set aside. Combine the peaches, wine, the juice from the lemon as well as the lemon zest in a saucepan. Cover and heat on low until the mixture is hot, about 5-7 minutes. Add the mustard and a pinch more salt and pepper to the pan. Stir gently until all is thoroughly combined and hot. Add mustard-peach mixture to the baking dish over and around the tenderloin. Bake for 20-25 minutes until a meat inserted into the thickest part registers 145 degrees F. Transfer tenderloin to a cutting board and let rest. Meanwhile, return baking dish with peaches to the oven and broil until lightly browned, about 2-3 minutes. Slice the pork and spoon peached over the top. Serve immediately. Makes 4 servings; 180 calories each.