



Pork Tenderloin with Pumpkin Seed Pesto

Prep: 15 minutes plus standing

Roast: 20 minutes • Serves: 4

- 2 pounds pork tenderloin, fat trimmed
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $1\frac{1}{2}$ teaspoons olive oil
- 2 garlic cloves
- $\frac{1}{4}$ small onion, coarsely chopped
- $\frac{1}{2}$ cup less-sodium chicken broth
- $\frac{1}{4}$ cup roasted, salted shelled pumpkin seeds
- 3 tablespoons fresh cilantro leaves
- $\frac{1}{2}$ teaspoon ground cumin

1. Preheat oven to 400°. Place large roasting pan or oven-safe skillet over medium-high heat. Sprinkle pork with $\frac{1}{2}$ teaspoon salt and pepper. Add 1 teaspoon oil and pork to pan, and cook 4 to 6 minutes or until browned, turning once.

2. Place pan with pork in oven and roast 20 to 25 minutes or until internal temperature of pork reaches 145°. Place pork on cutting board and loosely cover with foil. Let stand 15 minutes before slicing.

3. Meanwhile, in food processor with knife blade attached, purée garlic, onion, broth, pumpkin seeds, cilantro, cumin, remaining $\frac{1}{2}$ teaspoon oil and $\frac{1}{4}$ teaspoon salt. To serve, slice pork and serve with pesto.

*Approximate nutritional values per serving:
283 Calories, 11g Fat (35% of total calories), 3g Saturated Fat (10% of total calories), 118mg Cholesterol, 426mg Sodium, 3g Carbohydrates, 1g Fiber, 41g Protein*

*Dietary Exchanges:
 $5\frac{1}{2}$ Protein; $\frac{1}{2}$ Vegetable; 2 Fat*