

Greek Pork Tenderloin with Tzatziki Sauce

Serves 6

1.5 lb. pork tenderloin
1 cup greek vinaigrette dressing

Tzatziki Sauce
2 English cucumbers, 1 cup grated cucumber
1 cup greek yogurt
¼ c chopped fresh dill
2 t lemon juice
2 garlic cloves, minced
¼ t salt
¼ t pepper

Preheat oven to 425°. Place pork tenderloin in ziploc bag with dressing and refrigerate to marinate until oven has completed preheating. Place in shallow dish, cover with aluminum foil tent, and bake for 40 minutes or until a thermometer inserted into the thickest part reads 145°. To make tzatziki sauce, peel and seed cucumbers and grate or finely dice until it makes 1 cup. Combine grated cucumber with salt, pepper, greek yogurt, dill, lemon juice, and garlic. Serve 3 oz slices of pork tenderloin with roughly 1/4 c tzatziki sauce.

Nutrition information per serving: 342 calories, 1.8 g carbohydrate, 12.5 g fat (4.4 g saturated fat), 28 g protein, 71 mg sodium. Excellent source of: calcium, iron.



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