

# Cranberry-Balsamic Roasted Pork Tenderloin

## with Orange & Rosemary

GF DF

Easy enough for weekdays, fancy enough for company! This delectable roasted pork tenderloin with fresh cranberries cooks in a slightly tart, slightly sweet, totally scrumptious sauce featuring balsamic vinegar, maple syrup and a hint of orange and rosemary.

- ¼ cup balsamic vinegar
- ¼ cup freshly squeezed orange juice
- 3 tbsp grainy Dijon mustard
- 2 tbsp pure maple syrup
- 1 tbsp olive oil
- 2 tsp minced fresh rosemary, or ¾ tsp dried
- 2 tsp minced garlic
- 1 tsp grated orange zest  
(see Kitchen Whizdom)
- ½ tsp each sea salt and freshly ground black pepper
- 2 large pork tenderloins (about 2½ to 3 lbs/1.1 to 1.4 kg)
- ¾ cup fresh or frozen cranberries (not dried)

Makes 6 servings

Per serving: 293 calories, 9.2 g total fat (2.7 g saturated fat), 40 g protein, 10 g carbohydrate (0.7 g fiber, 7 g sugars), 112 mg cholesterol, 441 mg sodium

Preheat oven to 400°F. In a small bowl or measuring cup, whisk together vinegar, orange juice, mustard, maple syrup, olive oil, rosemary, garlic, orange zest, salt and pepper.

In a glass or ceramic baking dish, arrange pork tenderloins side by side, but not touching. Pour sauce evenly over pork. Turn pork several times to make sure it's evenly coated with sauce. Sprinkle cranberries over pork.

Roast, uncovered, in preheated oven for 20 minutes. Carefully remove baking dish from oven and baste pork generously with sauce. Return pork to oven and roast for an additional 5 to 10 minutes, depending on size and thickness of pork. It's okay for pork to have a hint of pink in the center.

Let pork rest for 5 minutes before slicing. Slice into ½-inch-thick pieces and arrange on a serving platter. Give the sauce and berries a quick stir, then spoon over pork. Serve hot.

KITCHEN  
WHIZDOM

Add "zest" to your cooking with grated orange, lemon or lime peel! Be sure to wash your fruit before zesting and avoid grating the bitter white pith underneath the brightly colored outer layer. I know it sounds obvious, but if a recipe calls for both juice and zest (many of mine do!), make sure you zest first! It's frustrating and nearly impossible to zest squished lemon or lime halves. Finally, citrus zest freezes well! Zest your fruit with a Microplane, spoon the zest into a baggie and store it in the freezer.

**YUM**  
Try fresh thyme instead of rosemary.

**YUMMER!**  
Add 12 peeled pearl onions when you add the cranberries.



SCENT-  
sational!

