

Maple-Mustard Pork Tenderloin with Caramelized Apples

Servings: 2-4

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Ingredients

1 lb pork tenderloin

Cooking spray

1/8 cup Dijon mustard

3 Tbsp maple syrup, divided

1/2 tsp dried rosemary

1/4 tsp salt

1/4 tsp pepper

2 medium Granny Smith apples, each peeled and cut into 16 wedges

Preparation

- 1) Preheat oven to 425°.
- 2) Trim fat from pork. Place pork on a broiler pan coated with cooking spray.
- 3) Combine mustard, 1 Tbsp syrup, rosemary, salt, and pepper in a small bowl; brush over pork. Bake at 425° for 25 minutes or until thermometer registers 160° (slightly pink).
- 4) Meanwhile, heat a nonstick skillet over medium-high heat until hot. Add apples, and saute 5 minutes or until lightly browned. Reduce heat to low, and add 2 Tbsp maple syrup. Simmer 10 minutes or until apples are tender, stirring occasionally.
- 5) Cut pork crosswise into slices; spoon cooked apples over pork.