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
½ tsp dried rosemary
¼ tsp salt
¼ 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.