

Balsamic Pork Tenderloin with Roasted Tomatoes & Asparagus

Servings: 4

Adapted from <http://kitchenconfidante.com/if-you-cant-stand-the-heat-part-ii>

Ingredients

1 tablespoon minced garlic
1 tablespoon balsamic vinegar
1/2 teaspoons salt
1/2 teaspoon freshly ground pepper
1 tablespoon olive oil
1 pork tenderloin (about 1¼ pounds)
1 tablespoon canola oil (if preparing in oven)

Preparation

1) Stir together garlic, balsamic vinegar, salt, pepper, and olive oil in a small bowl.
2) Rub the paste all over pork. If you like or have the time, marinate overnight. If not, no worries, it will still be great!

Grill preparation:

Sear the tenderloin on all sides, then grill for about 20-30 minutes, rotating every 10 minutes, until the internal temperature is 160 degrees. Try to let it rest before slicing.

Oven preparation:

1) Preheat oven to 400 degrees.
2) Heat canola oil in a large, heavy saute pan over medium-high heat. Working in batches if necessary, add pork, and brown all over, about 4 minutes.
3) Transfer pan to oven. Roast pork, turning occasionally, until the internal temperature is 160 degrees, about 20 minutes. Transfer pork to a cutting board, and try to let it rest 10 minutes before slicing.

Oven Roasted Asparagus

Ingredients

1/2 lb asparagus
1 tablespoon olive oil
1 garlic cloves, minced
1/8 teaspoon freshly ground black pepper
1/8 teaspoon salt

Preparation

1) Preheat oven to 350°. Snap off and discard tough ends of asparagus and place on a baking sheet. Drizzle evenly with olive oil, sprinkle evenly with garlic, salt,

and pepper. Toss to coat.

2) Bake at 350° for 10 minutes or to desired degree of tenderness.