



## Herb-Rubbed Pork Tenderloin

*Makes 4 servings. Recipe from farmflavor.com.*

### Ingredients

1 pork tenderloin, trimmed, silver skin removed  
2 tablespoons parsley, finely chopped  
2 teaspoons fresh thyme, finely chopped  
2 teaspoons fresh rosemary, finely chopped  
2 teaspoons fresh sage, finely chopped  
2 teaspoons garlic, minced  
2 teaspoons kosher salt  
¼ cup olive oil

### Nutritional info per serving

Calories:	116
Total fat:	13g
Cholesterol:	0mg
Sodium:	583mg
Total Carbs:	2g
Protein:	1g

### Directions

1. Combine all the herbs, seasonings and oil into a bowl. Rub the herb-oil mixture all over the pork tenderloin. Allow to marinate for at least 2 hours or overnight.
2. Preheat the oven to 400 degrees. Sear the pork in olive oil until browned on all sides on medium-high heat.
3. Roast the pork in the oven on a sheet pan until the internal temperature reaches 150 degrees on a meat thermometer, approximately 15 to 20 minutes.
4. Allow the pork to rest before slicing.

### Tips & Notes

Dried herbs are more concentrated than fresh. If you don't have fresh herbs on hand, remember that typically 1 teaspoon of dried herbs equals 1 tablespoon of fresh herbs.