

Pork Tenderloin with Sautéed Vegetables

Courtesy of Carole's Creations

Prep Time: 10 minutes, the rest done while the garlic is roasting

Cooking Time: minutes

Serves: 4

CChints: When you roast garlic it becomes slightly sweet and adds greatly to this recipe. The combination of the earthy vegetables compliments the pork and makes for a fall or winter feel good meal. You can make this meal with a plain piece of meat or use a packaged, pre-seasoned one like Lemon & Garlic flavor.



1 large bulb of garlic
1 teaspoon extra-virgin olive oil
1 teaspoon salt, divided, Dash of pepper
1 teaspoon of water
2 tablespoons butter, divided
1 pound pork tenderloin, extra fat removed
1 tablespoon chopped fresh oregano
1 tablepoon chopped fresh thyme
1/2 teaspoon salt & dash of pepper

2 cups butternut squash cut into 1/2 inch cubes
1 tablespoon olive oil
1/2 cup chicken broth, divided
1/2 cup thin sliced yellow onion
1/4 cup white wine, like Pinot Grigio
1-1/2 cups of portabella mushrooms
6 oz. bag prewashed spinach leaves
4 servings of cooked rice

Preheat the oven to 350 degrees F. Rub the bulb gently to get off any loose papery covering, but do not remove it.

Use a very sharp knife to cut off enough of the roots so the bulb will almost sit flat, but do not cut into the cloves. Slice about 1/4 inch off the tops of the cloves to reveal the garlic inside. Work along the sides to cut off the tips of any shorter cloves. Tear off a piece of foil about 7 inches wide. Put the bulb in the center and let it sit in the water. Sprinkle the open tips and the bulb with the oil, salt and pepper. Bring the edges of the foil up to meet in the center, add the water and close it tight.

Bake for 30 minutes and while the garlic is roasting you can start on the rest of the recipe. Line a baking sheet with foil or a silicone baking mat for easy clean up. Peel the squash and cut it into 1/2 inch pieces and lay them on the baking sheet. Rinse the pork and pat it dry and locate a large nonstick skillet.

Now maybe the time to start your rice. Prepare it according to package directions. The goal is to time it so the rice is done at the same time as the rest of the dinner.

Melt 1 tablespoon of butter in a microwave safe container for 15 seconds at a time until it is melted. Rub the butter all over the pork and sprinkle with herbs, 1/2 teaspoon salt and a pinch of pepper. Turn the heat under the skillet to medium-high heat. Lay the pork in the pan and brown 2 minutes on all sides. Transfer the pork to the baking sheet and leave the juices in the skillet and set aside. Sprinkle the squash with the oil.

When the garlic comes out of the oven allow it to cool so you can handle it. Put the pork and squash in the oven for 20 minutes. When the garlic has cooled, tear off 1 clove at a time and gently pinch the base, the roasted garlic clove will slide out. Chop them and put in a bowl and set aside, discarding the outer skins.

During this time you can put the large skillet back on the heat over medium heat. Add the tablespoon of butter and a tablespoon of the chicken broth. Stir in the onions and use a wooden spoon to scrape the brown bits from bottom of the pan. Cook for 3 minutes and then add the roasted garlic for another minute. Add the wine and stir slowly for 1 minute. Stir in the mushrooms, salt, pinch of pepper and the chicken broth for 3 minutes.

The pork should be ready to remove from the oven. It is done when the internal temperature comes to 160 degrees F. If it is not, put it back in the oven for another 10 minutes but not the squash. Carefully transfer the squash from the baking sheet to the skillet. Cover and simmer for 5 minutes until the squash is tender. When the pork is done, remove from the oven and cover with foil. Add the spinach to the skillet a little at a time and stir until the spinach has wilted.

Slice the pork and serve with the squash medley.