Rosemary Roasted Pork
Serves 10

½ cup apple juice concentrate
¼ cup Dijon mustard
20 grams fresh chopped rosemary
4 tsp minced garlic
¾ tsp black pepper
5 lbs pork tenderloin

Combine first 5 ingredients and mix well. Set aside 1/3 cup of the mixture, cover and refrigerate it. In a large Ziploc bag, combine the pork and remaining marinade. Seal the bag and turn/toss to coat the tenderloin. Refrigerate overnight.

When ready, preheat oven to 350-degrees. Drain and discard the marinade in the bag with the meat. Place the meat in a roasting pan coated with non-stick cooking spray. Pour the reserved marinade on top. Bake uncovered for 40-45 minutes or until a meat thermometer reads 160-degrees. Let stand 10 minutes before slicing.

Serving size: 5 ¼ ounces
315 calories per serving, 46 grams protein, 10 grams fat, 7 grams carbs, <1 gram fiber