



#MakeItGAP

RECIPES

FALL SHEET PAN PORK TENDERLOIN WITH HONEY BALSAMIC ROASTED VEGETABLES

YIELD: 6 servings

INGREDIENTS:

1 1/2 Tbsp. olive oil
2 Tbsp. honey
3 Tbsp. balsamic vinegar
1 tsp. minced garlic cloves
2 tsp. finely chopped fresh rosemary, *divided*
1 fresh pork tenderloin
2 cups halved Brussels sprouts, *outer leaves removed*
3 golden beets, *peeled and cut into eighths*
1 large parsnip, *peeled and sliced*
2 large carrots, *peeled and sliced*
1 medium red onion, *skins removed and cut into wedges*
Salt and pepper, *to taste*

PREPARATION:

Preheat the oven to 425°F.

In a 1 cup glass measuring cup, combine the olive oil, honey, balsamic vinegar, garlic cloves, and 1 3/4 teaspoons fresh rosemary. Reserve the other 1/4 teaspoon for a later step. Whisk well. Set aside.

Unpackage the fresh pork tenderloin and pat it dry. Place it on a large baking sheet.

Arrange the Brussels sprouts, golden beets, parsnip, carrots, and red onion around the pork. Using a silicone pastry brush, baste approximately 2 tablespoons of the balsamic mixture over all sides of the pork tenderloin. Sprinkle the top of the pork with the remaining 1/4 teaspoon of fresh rosemary.

Drizzle the remaining balsamic vinegar over the vegetables. Toss to coat. Season the vegetables to taste with salt and pepper, if desired.

Place the sheet pan on the middle rack in the preheated oven and cook for 20-25 minutes, or until the meat is cooked the vegetables are tender.

Let the meat rest for about 5 minutes before slicing.

Serve.

Recipes adapted from goodlifeeats.com