



Roasted Pork Tenderloin

1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1/8 teaspoon cayenne pepper
1 tablespoon dried thyme
2 pounds pork tenderloin

Preheat oven to 350 degrees F. Mix together the salt, pepper, and thyme. Roll the tenderloins in the mixture. Place seasoned tenderloin in a roasting pan with a rack. Bake for 1 hour to 1 hour and 20 minutes, until the internal temperature reaches 155 – 160 degrees. Allow the meat to rest for 5 minutes after removing from oven. Slice across grain to serve. Makes 8 servings.

Nutrition information per serving: 130 calories, 23 grams protein, 3 grams fat, 0 grams carbohydrate, 487 mg sodium.

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