



Honey Dijon Pork Tenderloin with Apple Hash

Ingredients

Pork Glaze

- 16 oz pork tenderloin
- 2 tbsp whole grain mustard
- 2 tbsp honey
- 1 tbsp fresh thyme
- salt and pepper, to taste
- 2 onions, sliced

Sweet Potato and Apple Hash

- 2 small sweet potatoes
- 1 large granny smith apple
- 2-3 tbsp extra virgin olive oil or coconut oil
- 1 tsp fine salt
- 1 tsp ground cinnamon
- 2 tsp sugar or coconut sugar, optional
- 1 tbsp butter

Directions

Sweet Potatoes

1. Heat 2 tbsp of oil in a large cast iron pan over medium heat.
2. Add diced sweet potatoes, sprinkle evenly with salt and toss.
3. Cover the pan for 2 minutes. Uncover and stir. Lower the heat if needed to prevent from browning too quickly. Recover and cook for another 2-4 minutes, until soft.
4. Uncover and, stir until the potatoes are light brown all over.
5. Add diced apples and butter, stir to combine. Add coconut sugar if desired.
6. Cook over medium heat for another 5 minutes or until brown. Adjust your stovetop accordingly to avoid burning.
7. Remove from heat and stir in the cinnamon. Serve warm.

Pork

1. Preheat oven to 400°F. Spray a baking dish with cooking spray.
2. In a small bowl, stir together mustard, honey and thyme.
3. Place sliced onion in a single layer in the bottom of the prepared dish.
4. Season pork with salt and pepper on all sides. Place on top of onions.
5. Brush half of the mustard mixture on the pork. Cover with foil and bake for 25 minutes.
6. Remove cover, brush with remaining mustard glaze, and put under the broiler for 5 minutes, until the outside is crispy and the internal temperature reaches 140°-150°F.
7. Remove pork from oven and let rest for 10 minutes. Slice and enjoy!

Calories 578

Total Fat 34 g

Saturated Fat 6 g

Cholesterol 60 mg

Sodium 900 mg

Total Carbohydrate 46 g

Dietary Fiber 6 g

Sugars 36 g

Protein 36 g