

Pork Roast

Author: Medifast

Prep Time: 10 mins (+45 mins marinating time)

Cooking Time: 30-45 mins

Ingredients

5 oz. pork tenderloin
2 teaspoon rosemary
2 teaspoon thyme
1 clove garlic, minced
Salt and pepper to taste
1 tablespoon olive oil
8-10 medium asparagus spears

Method

Arrange asparagus on roasting pan. Mix herbs and spices together. Brush pork with oil and rub in spices. Let sit 45 minutes in refrigerator. Top asparagus with pork and roast at 325 for 30-45 minutes or until internal temperature reaches 150°F.

Nutrition Info.

Cal 370 | Fat 21g | Chol 95mg | Carb 11g | Pro 34g

This recipe makes 1 serving.