

Roasted Pork Tenderloin



Ingredients

- 2 spray(s) cooking spray
- 2 tsp. dried thyme, or 2 Tbsp. freshly chopped thyme
- 2 tsp. dried oregano, or 2 Tbsp. freshly chopped oregano
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. table salt
- 1 tsp. black pepper, freshly ground
- 2 tsp. olive oil
- 2 pound(s) uncooked lean pork tenderloin

Directions

1. Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.
2. Combine thyme, oregano, garlic powder, onion powder, salt and pepper in a small bowl; set aside.
3. Rub oil all over pork. Sprinkle thyme mixture all over pork and transfer to prepared pan.
4. Roast until an instant-read thermometer inserted in center of pork reads 145°F, about 25 to 30 minutes.
5. Let roast stand 3 minutes before slicing crosswise into thin slices. Yields about 3 ounces per serving.

Notes

For variety, try seasoned oils (such as roasted red pepper olive oil or garlic olive oil) and a variety of herbs and spices (such as parsley, rosemary, onion powder and cumin).

Source: <https://www.weightwatchers.com/us/recipe/roasted-pork-tenderloin-1/5626a5f6a6d5b396106ff16f>