



Sesame-Ginger Pork Tenderloin and Veggies



1/4th of recipe (about 4 oz. pork and 1 cup veggies):
258 calories, 5.5g total fat (1g sat. fat), 523mg sodium,
19g carbs, 2.5g fiber, 5.5g sugars, 34g protein

Prep: 10 minutes **Cook:** 35 minutes

Marinate: 1 hour

More: [Four or More Servings](#), [5 Ingredients or Less](#)



Ingredients

One 1 1/4-lb. raw pork tenderloin, trimmed of excess fat
1/2 cup [Newman's Own Sesame Ginger Dressing](#)
1 1/2 cups sliced mushrooms
1 cup sliced red onion
6 cups chopped kale
Seasonings: salt and black pepper

Directions

Place pork and 1/4 cup dressing in a large sealable plastic bag. Remove as much air as possible and seal. Gently knead dressing into meat through the bag. Refrigerate for 1 hour.

Preheat oven to 425 degrees.

Bring a large oven-safe skillet sprayed with nonstick spray to medium-high heat on the stove. Add pork, and discard excess dressing used for marinating. Evenly sear meat, rotating it occasionally, until browned on all sides, about 4 minutes total.

Place skillet in the oven, and bake for 12 minutes.

Carefully flip pork. Bake until pork center reaches 145 degrees, 8 - 10 minutes.

Remove pork from skillet, cover loosely with foil, and let rest for 10 minutes.

Meanwhile, clean skillet if needed. Re-spray, and return to medium-high heat on the stove. Add mushrooms and onion, and sprinkle with 1/8 tsp. each salt and pepper. Cook and stir until partly softened and lightly browned, about 3 minutes.

Add kale and 1/2 cup water to the skillet. Stir. Cover and cook for 3 more minutes, or until kale is tender. Uncover and, if needed, cook and stir until water has evaporated, 2 - 3 minutes.

Slice pork. Plate veggies, top with pork, and drizzle with remaining 1/4 cup dressing (*not* the dressing used to marinate the meat) and enjoy!

MAKES 4 SERVINGS

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