

Roasted Pork Tenderloin with Rhubarb BBQ Sauce

In this pork tenderloin recipe, rhubarb cooks with ketchup and cider vinegar to make a tangy, healthy barbecue sauce. If you have a lot of rhubarb, make a double or even a triple batch of the rhubarb sauce recipe and freeze it for later in the summer. It tastes great with grilled chicken and beef too.

http://www.eatingwell.com/recipes/pork_tenderloin_rhubarb_barbecue_sauce.html

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups sliced rhubarb, fresh or frozen (thawed)
- 1/4 cup ketchup
- 1/4 cup packed light brown sugar
- 1 tablespoon cider vinegar
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon freshly ground pepper, divided
- 1 1-pound pork tenderloin, trimmed
- 1/4 teaspoon salt



Directions

1. Preheat oven to 425°F.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until starting to soften, about 2 minutes. Add rhubarb, ketchup, brown sugar, vinegar, Worcestershire and 1/4 teaspoon pepper; stir to combine. Bring to a simmer and cook, stirring, until the onion and rhubarb are soft, about 10 minutes. Cover and remove from heat.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Sprinkle pork with salt and the remaining 1/4 teaspoon pepper; add to the skillet and cook until browned on all sides, about 4 minutes.
4. Transfer the skillet to the oven. Roast the pork until an instant-read thermometer inserted into the thickest part registers 145°F, 12 to 15 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes. Slice and serve with the sauce.

Nutrition Fact

Portions: 4

Limits	Amount Per Portion
Total Calories	278 Calories
Added Sugars	62 Calories
Saturated Fat	21 Calories
Nutrients	Amount Per Portion
Protein	21 g
Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars	16 g
Total Fat	12 g
Saturated Fat	2 g
Monounsaturated Fat	7 g
Polyunsaturated Fat	1 g
Cholesterol	57 mg

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Make Ahead Tip: Cover and refrigerate the sauce (Step 2) for up to 3 days or freeze for up to 3 months.