

Quick Glazed Pork Loin

Ingredients:

1 (1 to 1 ½ pound) Pork Tenderloin
¼ cup water
2 Tbsp tomato paste
1 Tbsp orange juice concentrate
2 ½ tsp chili powder
1/8 tsp salt
1 Tbsp Splenda granular sugar
1 tsp white vinegar
1 pkg (14 oz) frozen mixed vegetables

Directions:

- 1) Preheat oven to 425 degrees
- 2) Rinse pork loin and pat dry. Set aside.
- 3) Mix water, tomato paste, orange juice concentrate, chili powder, salt, Splenda, and white vinegar in a small bowl
- 4) Whisk until smooth
- 5) Place pork loin in foil-lined 13x9-inch baking pan
- 6) Cover with half the glaze
- 7) Bake for 15 minutes
- 8) Remove pork loin from oven
- 9) Cover with remaining glaze
- 10) Place vegetables around pork loin
- 11) Bake an additional 15 minutes or until vegetables are hot and pork internal temp is 160 degrees

Serving Size: 3oz pork and ½ cup vegetables

180 calories
4g fat (1.5 saturated)
75mg cholesterol
220mg sodium
9g carbs
3g fiber
3g sugar
29g protein

Source: Splenda Cookbook

Submitted by: James Meyer