

Sheet Pan Pork Tenderloin

By Leslee

Recipe adapted from
rachelcooks.com



Ingredients:

For the Vegetable Mixture:

- 2 medium firm, crisp apples, cored and cut into ½-inch chunks
- 1 medium sweet potato (about 14 ounces), peeled and cut into ½-inch chunks
- ½ red onion, cut into ½-inch chunks
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon coarse ground black pepper

For the Pork:

- 1 ¼ pounds pork tenderloin (not pork loin)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon dried rubbed sage (not ground sage)
- ½ teaspoon kosher salt
- ¼ teaspoon coarse ground black pepper

Finishing Glaze:

- 2 tablespoons honey
- 1 teaspoon Dijon mustard (grainy mustard would work, don't use yellow mustard)

Instructions:

- Preheat the oven to 425°F. Lightly grease a large rimmed sheet pan, or spray with nonstick cooking spray.
- In a mixing bowl, toss apples, sweet potatoes, and onions with olive oil, salt and pepper. Spread mixture in a single layer, leaving an open space in the center of the pan for the pork.
- In a small bowl, stir together olive oil, garlic powder, paprika, sage, salt, and pepper.
- Pat pork tenderloin dry with paper towels. Rub the seasoning mix evenly over the pork tenderloin. Place lengthwise on the sheet pan.
- Roast for 25 to 30 minutes, or until a thermometer inserted into the pork reads 145°F (63 °C) and the vegetables are golden and tender. Check pork after 20 minutes and remove if done before the vegetables.
- Meanwhile, whisk together honey and Dijon mustard in a small bowl.
- Drizzle the honey-Dijon glaze over the pork, apples, onions and sweet potatoes after you remove the pan from the oven. Lightly stir the vegetable mixture to coat it with the glaze.

