

A basic tenderloin dressed up with orange glaze. Serve with wild rice mix and steamed asparagus.

Pork Tenderloin in Orange Glaze

2 whole [pork tenderloins](#) (about 1 1/2 pounds total)

1 cup orange juice

1/2 cup white wine

1/4 cup soy sauce

1 clove garlic, peeled and crushed

1 tablespoon butter

2 tablespoons orange marmalade

2 [tablespoons](#) honey

1. Blend together [orange juice](#), wine, soy sauce and garlic. Marinate tenderloin, covered in refrigerator, for 8 to [24 hours](#).
2. Remove pork from marinade, and add butter, marmalade and honey to marinade. Bring marinade mixture to boil, [stirring constantly](#) until slightly thickened, making basting glaze.
3. Roast tenderloins in covered grill, over indirect heat, about 20 minutes, or until internal temperature reaches 155 to 160 degrees F., basting often with glaze.*
4. Slice to serve.

Serves 6.

*Tenderloin can be roasted in a shallow pan in a 375 degree F. oven for 25 to 30 minutes.

Nutrition Facts

Calories 223 calories

Protein 25 grams

Fat 6 grams

Sodium 750 milligrams

[Cholesterol](#) 77 milligrams

Pork Tenderloin with Roasted Sweet Potatoes

1 (1-pound) whole [pork tenderloin](#)

1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Pork

3/4 to 1 pound sweet potatoes, peeled and cut into 1/2-inch pieces

(2 1/4 cups)

1/2 yellow onion, cut into 1-inch chunks

[1/2 cup](#) KRAFT® Zesty Italian Dressing

Chopped parsley, if desired

1. Heat oven to 450 degrees F. Lightly moisten pork tenderloin with water; coat with seasoned coating mix. Set aside while preparing [vegetables](#). Discard any remaining coating mix.
2. Meanwhile, in large bowl combine [sweet potatoes](#), onion and dressing; toss to coat. Spread vegetables in 9 x 13-inch baking pan. Place [pork](#) on top of vegetables. Roast for 20 minutes or until meat thermometer inserted in center of pork reads 155 degrees F., stirring vegetables once. Remove from oven. Let stand for 5 minutes.
3. Slice pork; serve with vegetables, sprinkled with chopped [parsley](#), if desired.

Serves 4.

Pork Tenderloin With Cranberry-Onion Sauce

Grilled or roasted, this [pork tenderloin](#) is delicious. Served alongside a tangy cranberry-orange sauce with fresh [rosemary](#) and chicken broth to round it out.

2 cloves garlic, crushed

1 [tablespoon](#) extra virgin olive oil, divided use

1 pound pork tenderloin

3/4 cup chicken broth

1 small onion, thinly sliced

2 teaspoons chopped fresh rosemary

1 cup coarsely chopped cranberries

[1/3 cup](#) orange juice

1 tablespoon finely grated orange peel

1. Preheat grill to medium high or oven to 425°F.
2. Mix garlic and 1 [teaspoon](#) oil until thoroughly combined. (If you have one, crush mixture with a mortar and pestle to form a paste.)
3. Cut tenderloin, lengthwise, down center, but do not cut all the way through. Spread garlic all along inside of pork. Close tenderloin and brush the outside with remaining oil; season with [salt and pepper](#).
4. Place tenderloin on a lightly oiled grill or sheet pan and grill for about 9 minutes on each side or bake for 20 to 30 minutes (or until internal temperature reaches 160°F). Remove from heat and allow to rest for 10 minutes before slicing.
5. Meanwhile, combine chicken broth, onion and rosemary in a small [saucepan](#) and bring to a boil. Cover and [simmer](#) over low heat for 10 minutes. Remove cover and stir in cranberries, [orange juice](#) and peel. Cook, uncovered, for 5 minutes, or until thoroughly heated. Season to taste with salt and pepper.
6. Sever pork, thinly sliced with sauce.

Makes 4 servings.

Pork Tenderloin Amandine

1 pound pork tenderloin, cut into 8 equal pieces

2 teaspoons margarine

1/4 cup slivered or sliced almonds

1/4 cup all-purpose flour

[Salt and pepper](#), to taste

1 tablespoon lemon juice

1. Place each tenderloin piece between two pieces of plastic wrap and gently press to 1/4-inch thickness. Set aside.
2. In [skillet](#) over medium heat, toast almonds for 1 minute or until golden, stirring constantly. Remove almonds and reserve.
3. Melt margarine in skillet. Lightly coat tenderloins cutlets with flour and sauté over medium-heat 4 to 6 minutes, turning once. Remove [pork](#) to platter and keep warm.
4. Add [lemon juice](#) and almonds to pan, stir and heat through. Pour sauce over pork and serve.

Serves 4.

Apple Cider-Glazed Pork Tenderloin

From *CookingLight*

Its small size makes pork tenderloin a good choice for buffet biscuit sandwiches. Reduce apple cider and chicken broth to a flavorful syrup to brush over the cooked pork. Serve apple chutney and coarse-grain mustard alongside the pork and Buttermilk-Chive Biscuits.

- 2 tablespoons dried rosemary, crushed
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon grated orange rind
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 garlic cloves, minced
- 3 (1-pound) pork tenderloins, trimmed
- 3 cups apple cider
- 3 whole cloves
- 2 bay leaves
- 1 cup fat-free, less-sodium chicken broth

Combine the first 7 ingredients; rub evenly over pork. Place pork in a dish; cover and chill 1 hour.

Combine cider, cloves, and bay leaves in a large skillet; bring to a boil over medium-high heat. Cook until reduced to 1 1/2 cups (about 10 minutes). Add broth; bring to a boil. Add pork; cover and simmer 20 minutes or until done. Remove pork from pan. Bring cooking liquid to a boil. Cook until reduced to 3/4 cup (about 8 minutes). Strain cooking liquid through a fine sieve into a bowl; discard solids. Spoon liquid over pork. Cut pork into thin slices.

Yield: 12 servings (serving size: 3 ounces)

Asian Pork Tenderloin

From *Southern Living*

1/3 cup lite soy sauce
1/4 cup sesame oil
1/3 cup packed light brown sugar
2 tablespoons Worcestershire sauce
2 tablespoons lemon juice
4 garlic cloves, crushed
1 tablespoon dry mustard
1 1/2 teaspoons pepper
1 1/2 to 2 pounds pork tenderloin

Whisk together first 8 ingredients. Place pork in a shallow dish; add marinade, turning pork to coat. Cover and chill 8 hours. Remove pork from marinade, discarding marinade. Place in a foil-lined roasting pan.

Bake at 450° for 25 minutes or until a meat thermometer registers 160°. Let pork stand 5 minutes.

Yield: 6 servings

Orange-Cranberry Glazed Pork Tenderloins

From 

 [View Southern Living Menu](#)

Prepare cranberry basting sauce up to eight hours ahead, and chill.

1 (16-ounce) can whole-berry cranberry sauce
1 teaspoon grated orange rind
2/3 cup fresh orange juice
2 teaspoons balsamic vinegar
1/8 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground allspice
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1 1/2 pounds pork tenderloins, trimmed
Garnishes: fresh rosemary sprigs, whole cranberries

Bring first 9 ingredients to a boil in a large saucepan. Reduce heat, and simmer mixture, stirring occasionally, for 20 minutes.

Place pork in a lightly greased, shallow roasting pan.

Bake at 425° for 40 minutes or until a meat thermometer inserted into thickest portion registers 160°, basting occasionally with half of cranberry mixture. Slice pork, and serve with remaining cranberry mixture. Garnish, if desired.

Yield: Makes 6 servings