



Valentine's Day Dijon Glazed Pork Tenderloin with Cauliflower Mashed Potatoes and Mustard Roasted Asparagus

Ingredients

Pork

1 pound pork tenderloin
1 teaspoon Rosemary
1 teaspoon black pepper
¼ cup whole grain Dijon mustard
¼ cup brown sugar

Cauliflower Mashed Potatoes

1 pound cauliflower, chopped
1 Tablespoon garlic clove, minced
½ Tablespoon olive oil
¾ teaspoon black pepper
¾ cups grated parmesan cheese

Asparagus

1 pound asparagus, trimmed
1 Tablespoon olive oil
2 teaspoons Dijon mustard or whole grain mustard
½ teaspoon prepared horseradish (optional)
1 pinch pepper

Directions

Pork

1. Trim pork tenderloin of silver skin.
2. Brush the entire surface of the tenderloin with Dijon, then press brown sugar, herbs and pepper into the mustard.
3. Roast at 375F for 30-35 minutes until the internal temperature reads 145F.
4. Let the tenderloin rest for 10 minutes before slicing.

Cauliflower Mashed Potatoes

1. Toss cauliflower and garlic with olive oil and spread evenly on a sheet pan.
2. Roast at 350F until very tender and starting to brown.
3. Remove from oven and add to food processor or blender. Add pepper and parmesan cheese. You may need to process in batches depending on the size of your processor.
4. Puree until a smooth, mashed potato consistency is reached.
5. If too thick you may need to add a little skim milk to loosen the mixture.

Asparagus

1. Preheat oven to 375F.
2. Combine olive oil, mustard, horseradish, and pepper in small bowl.
3. Place asparagus on a sheet pan and pour over mustard mixture. Toss to combine.
4. Arrange asparagus in a single layer and roast in oven until crisp-tender and slightly browned.

Yields – 4 servings

Pork

219 cal, 5 g fat, 9 g carb, 29 g pro, 436 mg Na+, 0 g fiber

Cauliflower Mashed Potatoes

82 cal, 4 g fat, 7 g carb, 6 g pro, 153 mg Na+, 3 g fiber

Asparagus

41 cal, 2 g fat, 5 g carb, 3 g pro, 197 mg Na+, 3 g fiber