

# BALSAMIC MARINATED PORK TENDERLOIN

SERVES: 6 | SERVING SIZE: 4 ounces cooked pork tenderloin  
PREP: 10 minutes | READY: 55 minutes (not including marinating time)

## INGREDIENTS

- 1/2 cup balsamic vinegar
- 1/4 cup olive oil
- 1/4 cup brown sugar
- 2 (1 pound each) pork tenderloins
- 1 large sweet onion (such as Vidalia, Walla Walla, or Maui)
- 2 teaspoons steak seasoning blend (such as McCormick® Montreal Steak Seasoning)



## DIRECTIONS

In a large bowl, whisk together vinegar, oil, and brown sugar. Pour marinade into a zip-top bag, add pork tenderloins and marinate at least 8 hours or overnight.

When ready to cook tenderloins, cut onion into thick slices. Separate slices into rings and place in bottom of a large baking dish. Place marinated pork tenderloins on top of onion rings and discard marinade. Sprinkle top of each tenderloin with 1 teaspoon steak seasoning.

Place, uncovered, in a preheated 350-degree oven. Roast until pork reaches an internal temperature of 145 degrees; about 35 to 45 minutes. Remove from oven and let pork rest at least 5 minutes before slicing.

## NUTRITION INFORMATION PER SERVING

204 calories, 6 g total fat, 1.5 g saturated fat, 0 g trans fat, 83 mg cholesterol, 307 mg sodium, 5 g total carbohydrate, 0 g dietary fiber, 4 g total sugars, 2 g added sugars, 30 g protein, 0 mcg (0%) vitamin D, 14 mg (2%) calcium, 1 mg (6%) iron, 520 mg (10%) potassium

