

# Pork Tenderloin and Spinach

## INGREDIENTS

- 1 lb. pork tenderloin (all visible fat discarded)
- Non-stick cooking spray
- ¼ cup light Italian salad dressing
- 2 tsp. dried Italian seasoning
- 2 Tbsp. lemon juice
- ¼ tsp. pepper
- 10 oz. frozen, packaged, chopped spinach
- 2 Tbsp. lemon juice
- ½ medium onion (chopped)
- 2 clove garlic (minced)
- 2 Tbsp. grated, fat-free Parmesan cheese
- 2 Tbsp. unsalted, unroasted pine nuts (optional)



*Recipe courtesy of American Heart Association*

## DIRECTIONS

1. Combine salad dressing, Italian seasoning, 2 teaspoons of the lemon juice and pepper in a bowl and mix well. Combine liquid mixture and pork in a resealable plastic bag, turning to coat. (Refrigerate overnight if time allows.)
2. Preheat oven to 400 degrees. Spray cooking sheet with cooking spray and place pork in the center. Pour any remaining marinade on top.
3. Bake for 30 minutes until desired doneness. Let stand 5 minutes to allow juices to redistribute before slicing.
4. Spray saucepan with cooking spray. Sauté onions on medium-high heat 3 minutes. Add spinach to onions and cook according to package directions. Drain well.
5. Add lemon juice and garlic, stir. Sprinkle parmesan and pine nuts (optional) over spinach and lightly toss.