

Olive Stuffed Pork Tenderloin

1 lb pork tenderloin
¼ cup olive oil
¼ cup lemon juice
2 Tbsp fresh minced garlic
2 tsp freshly ground pepper
1 cup finely chopped Manzanilla Spanish olives with pimientos

Combine olive oil, lemon juice and garlic in small bowl. Pour mixture into large freezer bag. Cut tenderloin lengthwise down the middle, but not all the way through. Place in freezer bag. Shake bag to coat tenderloin. Allow to marinate in refrigerator for at least 1 hour.

Preheat oven to 350°F. Remove tenderloin from bag and place in 9 X 13 baking dish. Spread olives over open area of pork and skewer shut. Pour remaining marinade over top pork and place in oven for about 1 hr or until cooked through and thermometer registers 160°F. Remove skewers.

Serves 4.

Calories 320 Fat 22g Sat Fat 3.5g Carbohydrate 3g Dietary Fiber 0g Protein 24g Sodium 550mg