

Pork Tenderloin in Orange-Dijon Mustard Sauce with Black Beans and Rice

2 tsp olive oil
16-oz pork tenderloin
2 tablespoons Dijon mustard
1 c orange juice
1 red bell pepper, sliced
1 small yellow onion, sliced

Add olive oil to large skillet and heat at medium high. Remove pork loin from package and place in skillet. Cook until browned on the outside turning occasionally so that it is cooked evenly. Meanwhile, mix together Dijon mustard and orange juice in small bowl. Set aside.

Remove tenderloin and place on a cutting board. Slice crosswise about 1 ½ inch thick. Add peppers and onions to skillet and sauté until slightly cooked about 3-4 minutes. Put pork back in skillet. Add Dijon mustard sauce. Cover. Let cook about 8 minutes or until thermometer registers 160° and mustard sauce has thickened. Remove from skillet and serve.

Makes 4 servings, one serving=3 slices pork topped with ½ cup peppers and onions

Calories 210 Fat 7g Carbohydrate 11g Dietary Fiber 1g Protein 24g Sodium 240mg

Black Beans and Rice

1-15 oz can no added salt black beans
½ cup yellow onion, sliced
Dash cinnamon
2 tsp brown sugar
2 cups instant brown rice

Empty entire can of black beans into small saucepan. Add onion, cinnamon and brown sugar. Stir. Let simmer 8-10 minutes. Prepare rice according to package. Serve ½ cup black beans over ½ cup brown rice.

Calories 200 Fat 1g Carbohydrate 40g Dietary Fiber 7g Protein 8g Sodium 15mg