

## **SESAME PORK TENDERLOIN**

*Adapted from "The American Heart Association Quick & Easy Cookbook" (Times Books).*

### **INGREDIENTS:**

- ☐ 1½ pounds pork tenderloin, all visible fat removed
- ☐ 1 tablespoon molasses
- ☐ 1 tablespoon light soy sauce
- ☐ ¼ teaspoon sesame oil
- ☐ 1 tablespoon sesame seeds

### **INSTRUCTIONS:** Preheat oven to 425°.

Place the pork in a shallow baking pan.

Stir together the molasses, soy sauce and sesame oil. Brush the mixture over the meat and sprinkle with the sesame seeds. Roast, uncovered, for 45 minutes, until a meat thermometer registers 160°. Let stand 5 minutes. Slice thinly to serve.

Serves 6.

**PER SERVING:** 146 calories, 24 g protein, 2.5 g carbohydrate, 4 g fat (1g saturated), 74 mg cholesterol, 156 mg sodium, 0 g fiber.