



Asian Pork Tenderloin

Recipe Courtesy Chef Bryan Woolley

- 2 tablespoons sesame seeds
- 1 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon celery seed
- 1/2 teaspoon minced onion
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1 tablespoon sesame oil
- 1 pound pork tenderloin, sliced into four 4-ounce portions

1. Preheat the oven to 400 F. Lightly coat a baking dish with cooking spray.
2. In a heavy frying pan, add the sesame seeds in a single layer. Over low heat, cook the seeds stirring constantly until they look golden and give off a noticeably toasty aroma, about 1 to 2 minutes. Remove the seeds from the pan to cool.
3. In a bowl, add the coriander, cayenne pepper, celery seed, sesame seed, minced onion, cumin, cinnamon, sesame oil and toasted sesame seeds. Stir to mix evenly.
4. Place the pork tenderloin in the prepared baking dish. Rub the spice mixture on both sides of the pork pieces. Bake until no longer pink, about 15 minutes. Or bake until a meat thermometer reaches 160 degrees (medium) or 170 degrees (well-done). Serves 4.

Nutrition Facts

Serving Size: One 4-ounce serving

Calories	180
Total Fat	8g
Saturated Fat	1.5g
Cholesterol	75mg
Sodium	70mg
Carbohydrates	1g
Dietary Fiber	1g
Protein	25g

Diabetic Exchanges

Protein	3.5
Carbohydrates	0
Fat	1

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