

Asian pork tenderloin

Tip: To make this spicy pork tenderloin a meal, serve it with a side of steamed pea pods tossed with sliced water chestnuts, brown rice mixed with dried apricots, and fresh mango and papaya slices.

SERVES 4

Ingredients

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 4 4-ounce portions

Directions

Preheat the oven to 400 F. Lightly coat a baking dish with cooking spray.

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.

In a bowl, add the coriander, cayenne pepper, celery seed, minced onion, cumin, cinnamon, sesame oil and toasted sesame seeds. Stir to mix evenly.

Place the pork tenderloin in the prepared baking dish. Rub the spices 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).

Transfer the pork tenderloin to warmed plates. Serve immediately.

Nutritional Analysis

(per serving)

Calories	196	Cholesterol	74 mg
Protein	25 g	Sodium	57 mg
Carbohydrate	trace	Fiber	0 g
Total fat	10 g	Potassium	442 mg
Saturated fat	2 g	Calcium	53 mg
Monounsaturated fat	3 g		

DIABETES MEAL PLAN EXCHANGES

Meat and meat substitutes	3
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