

# Garlic Mustard Pork Tenderloin

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Serves 6 (4 oz servings)

- 1 1/2 lb pork tenderloin
- salt and pepper
- 1 Tbsp dijon mustard
- 1 Tbsp olive oil
- 3 cloves garlic, chopped
- 1 Tbsp Italian seasoning
- 1/2 tsp coarse sea salt

1. Preheat oven to 350
2. Place the tenderloin in a cast iron skillet, oven proof dish or dutch oven. Season with salt and pepper. Using a pastry brush, cover the tenderloin with Dijon mustard
3. In a small bowl, combine olive oil, chopped garlic, Italian seasoning and sea salt. Using a pastry brush, cover the tenderloin with the herb mixture on top and sides.
4. Roast at 350 for about 30-40 minutes or until a thermometer reads between 145-160, depending on how you like your pork done. Remove from oven and let rest for 5 minutes. Slice and serve.

