

Herb Rubbed Pork Tenderloin

Serves 4

2 tablespoons dried onion flakes

2 teaspoons dried thyme

½ teaspoon ground black pepper

¼ tsp salt, optional

1 1/4 lbs pork tenderloin

Preheat oven to 400.

Slide a sharp knife under silver skin, or the white membrane, of the tenderloin and discard. For easy clean up, line a sheet pan with non-stick foil or parchment paper. Mix herbs together on the foil, arrange in a long line. Roll pork in the mixture.

For very tender and moist meat, a bit pink in the center, roast for 20-25 minutes, or to an internal temperature of 150 degrees.

For well done, cook it a bit longer to 160 degrees.

Allow to rest for 5 minutes.

Slice pork against the grain and serve. Rhubarb sauce is a nice spring sauce to serve with the pork.

Read more: <http://blog.kitchentherapy.us/2009/05/mothers-day-dinner/>