



## Pork Tenderloin with Pumpkin Seed Pesto

**Prep: 15 minutes plus standing**

**Roast: 20 minutes • Serves: 4**

- 2 pounds Smithfield® pork tenderloin, fat trimmed
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon ground black pepper
- $1\frac{1}{2}$  teaspoons olive oil
- 2 garlic cloves
- $\frac{1}{4}$  small onion, coarsely chopped
- $\frac{1}{2}$  cup less-sodium chicken broth
- $\frac{1}{4}$  cup roasted, salted shelled pumpkin seeds
- 3 tablespoons fresh cilantro leaves
- $\frac{1}{2}$  teaspoon ground cumin

**1.** Preheat oven to 400°. Place large roasting pan or oven-safe skillet over medium-high heat. Sprinkle pork with  $\frac{1}{2}$  teaspoon salt and pepper. Add 1 teaspoon oil and pork to pan, and cook 4 to 6 minutes or until browned, turning once.

**2.** Place pan with pork in oven and roast 20 to 25 minutes or until internal temperature of pork reaches 145°. Place pork on cutting board and loosely cover with foil. Let stand 15 minutes before slicing.

**3.** Meanwhile, in food processor with knife blade attached, purée garlic, onion, broth, pumpkin seeds, cilantro, cumin, remaining  $\frac{1}{2}$  teaspoon oil and  $\frac{1}{4}$  teaspoon salt. To serve, slice pork and serve with pesto.

*Approximate nutritional values per serving:*

*283 Calories, 11g Fat, (3g Saturated), 118mg Cholesterol, 426mg Sodium, 3g Carbohydrates, 1g Fiber, 41g Protein*