

Pork Tenderloin with Orange Juice.

by Arantxa Mateo, www.32Mondays.com

Ingredients:

- 2-3 pounds or 1-1.5 Kg of pork tenderloins (1 package with 2 tenderloins)
- 2 table spoons extra-virgin olive oil
- 12 oz or 350 ml of orange juice (2-3 medium oranges)
- Salt and pepper

To Serve with:

- A mix of harvest grain blend of Israeli style couscous, orzo, baby garbanzo, beans and red quinoa.
- or any of them alone

Preparation:

Cut the onion in rings. Add salt and pepper to the tenderloin

Directions:

1. In a saucepan with a cover, Heat the olive oil in it until hot.
2. Trim fat off from the tenderloin. And add salt and pepper.
3. Place the tenderloin and let them roast until they have a nice color.
4. Add the orange and cover the saucepan. Let it cook for 5 to 8 minutes depending on the size of the tenderloin. To test if it's done cut the tenderloin to make sure is still just a little bit pink.
5. Remove the tenderloins and let them rest until cold.
6. Let the juice boil 10 more minutes until it looks like a sauce rather than a juice.
7. Slice the tenderloins once cold.
8. Once the sauce is cold place the sliced tenderloins in the sauce and let it rest.

So, when you look for healthy recipes that help you lose weight this can be the perfect one!: serve with brown rice, quinoa or couscous if it is for lunch or prepare a perfect healthy dinner for weight loss serving it with just vegetables.

Check out other healthy recipes at: www.32mondays.com/blog/weight-friendly-recipes/