

PORK TENDERLOIN WITH MUSTARD DIPPING SAUCE



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Ingredients

Yields: 8 servings

- 1 package lean pork tenderloin
- 1 c fat-free Italian salad dressing
- 1 tbsp Worcestershire sauce
- 1/3 c fat free mayonnaise
- 1/3 c low fat sour cream
- 1 tbsp dry mustard
- 1 tbsp chopped green onion
- 1 tbsp red wine vinegar
- Salt and pepper to taste

Directions

1. Marinate the tenderloin overnight or at least 8 hours in salad dressing and Worcestershire sauce.
2. Grill on medium high 10 minutes on each side.
3. Take off fire and immediately wrap tenderloin in foil. Leave wrapped in foil about 30 minutes or until ready to serve.
4. Mix remaining ingredients for dipping sauce and refrigerate until time to serve with pork.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
4 oz	189	6 g	24 g	6 g	530 mg

Carbohydrate Exchanges: 1/3