

## Pork

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# Pork with Lentils

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**Servings: 4**

**Preparation Time: 25 minutes**

**Start to Finish Time: 30 minutes**

**1 cup dry lentils, rinsed**

**Kosher salt**

**pepper**

**3 tablespoons olive oil**

**1 (1 1/4 pound) pork tenderloin**

**2 tablespoons red wine vinegar**

**2 teaspoons Dijon mustard**

**1 stalk celery, finely chopped**

**1 medium carrot, finely chopped**

**1/2 small red onion, chopped**

**1/2 cup walnuts, toasted**

**2 tablespoons fresh tarragon, chopped**

Preheat oven to 400 degrees.

Bring four cups of warm water to a boil. Add the lentils and one teaspoon of salt. Simmer, stirring occasionally, until tender, about 20 to 25 minutes. Drain.

Meanwhile, heat one tablespoon of the oil in an ovenproof skillet over medium-high heat.

Season the pork with 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Cook, turning, until browned, about 8 minutes.

Transfer to the oven and roast until cooked through, about 10 to 12 minutes. Let rest 5 minutes before slicing.

In a large bowl, whisk together the vinegar, mustard, remaining two tablespoons of oil, 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Add the lentils, celery, carrot, onion, walnuts and tarragon. Toss to combine.

Serve with the pork.

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Per Serving (excluding unknown items): 375 Calories; 24g Fat (57.0% calories from fat); 34g Protein; 6g Carbohydrate; 2g Dietary Fiber; 92mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.