

# Rosemary Roasted Pork Loin

*Harry Ohlinger*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*olive oil*  
*pork tenderloin*  
*1 tablespoon chopped fresh*  
*rosemary*  
*2 large garlic cloves,*  
*minced*  
*salt*  
*coarse ground pepper*

Preheat the oven to 350 degrees.

In a medium-hot skillet with a small amount of oil, brown the tenderloin on all sides until golden brown.

Place the tenderloin in a shallow baking dish.

In a small bowl, combine the rosemary and garlic with a small amount of oil. Stir. Brush the mixture over the tenderloin. Sprinkle with salt and pepper.

Roast in the oven, checking for doneness with a meat thermometer.

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Per Serving (excluding unknown items): 11 Calories; trace Fat (8.2% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.