



Lemon-Garlic Tenderloin with Warm Sorghum Salad



Total Servings: 6

Serving Size: 2 ounces pork and $\frac{3}{4}$ cup sorghum salad



Prep Time: 25 minutes

Cook Time: 70 minutes

Ingredients

- 2 cups vegetable broth
- 1 cup whole grain sorghum
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh parsley
- 1½ teaspoons lemon zest
- 1 16-ounce pork tenderloin, trimmed of fat
- 1 medium sweet potato, peeled and cut into $\frac{1}{2}$ inch pieces
- 1 cup kidney beans, rinsed and drained
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup pecan halves

Nutrition Facts Per Serving

Calories 436	Protein 25g
Total Fat 15g (Saturated Fat 2g)	Vitamin D 2%
Cholesterol 55mg	Calcium 6%
Sodium 369mg	Iron 20%
Total Carb 55g (Dietary Fiber 8g, Sugars 16g)	Potassium 20%, Phosphorus 377mg (30%)

Instructions

1. Preheat oven to 425°F. In a medium saucepan combine vegetable broth and 2 cups water. Bring to a boil. Add sorghum. Reduce heat to a simmer and cook, covered, 45 to 60 minutes or until tender.
2. Meanwhile, in a medium bowl combine olive oil, garlic, parsley, lemon zest, and $\frac{1}{2}$ teaspoon each salt and pepper. Drizzle half of the oil mixture on pork; rub in with your fingers. Place pork in a shallow roasting pan. Add sweet potatoes to the bowl with the remaining oil mixture. Toss to coat and set aside.
3. Roast pork, uncovered, for 10 minutes. Arrange sweet potatoes around pork and roast 15 to 20 minutes more or until pork is 145°F and potatoes are tender. Remove pork from pan. Cover; let stand for 10 minutes.
4. Stir roasted sweet potato, beans, cranberries and pecan halves into cooked sorghum and heat through.
5. Slice pork tenderloin and serve with warm sorghum salad.

**powerful
+ pairings**
delicious + nutritious + ingenious