Asian Pork Tenderloin Recipe

**SERVINGS: 8**

**INGREDIENTS**

⅓ cup light soy sauce
⅓ cup brown sugar
2 tablespoons Worcestershire sauce
2 tablespoons lemon juice
2 tablespoons rice vinegar
1 tablespoon dry mustard
1 tablespoon ginger
1 ½ teaspoons pepper
4 garlic cloves or prepared minced
2 lbs pork tenderloin

**DIRECTIONS**

1. Mix ingredients together in freezer-safe bag.
2. Place tenderloin in freezer bag and rub marinade on pork.
3. Refrigerate overnight or place in freezer for future use.
4. Bake for 30-40 minutes at 375º F degrees OR prepare in slow cooker on low for 4-6 hours.

**NUTRITIONAL ANALYSIS PER SERVING**
Serving Size: About 4 ounces
Calories: 256
Total Fat: 9g
Total Carbohydrates: 9g
Dietary Fiber: 0g
Sugars: 8g
Sodium: 658 mg
Total Protein: 34g

**RECOMMENDATION**
Some patients have difficulty tolerating dense meats like beef and pork after surgery.  You may tolerate these meats when they are cooked slowly and in a moist cooking source like a slow cooker. You can serve this pork with a side of cooked vegetables. Try cooked cabbage with Asian seasonings.