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.