



## BBQ Roasted Pork Tenderloin

### INGREDIENTS:

1 can           Cooking spray  
1 each         Pork tenderloin, trimmed and cleaned  
2 cups         H3 BBQ Sauce

### Marinade

1 cup           Red wine vinegar  
¼ cup         Sugar free maple syrup  
1 cup         Chicken stock or broth  
1 Tablespoon   Garlic  
1 teaspoon     Salt

### PREPARATION:

- Heat oven to 350°F.
- Lightly spray baking sheet.
- Warm the H3 BBQ sauce in a small sauce pot or by microwave.
- Place the tenderloin on the baking sheet and cook for 20-25 minutes or until done.
- To be certain that the center is done; use a cooking thermometer to make sure the center of the tenderloin reaches 145°F for a semi-pink center.
- Slice the tenderloin and serve with the warm H3 BBQ sauce.

**Number of servings:**         **4**  
**Serving size:**                 **4 oz.**  
**Calories per serving:**       **180**  
**Fat grams per serving:**      **5**

