

Roasted Pork with Apples & Potatoes

1 lb pork tenderloin, trimmed
3 Tbsp. olive oil, divided
1 1/2 Tbsp. chopped fresh thyme, divided
1 1/2 Tbsp chopped fresh rosemary, divided
1 1/4 tsp kosher salt, divided
3/4 tsp black pepper, divided
1 lb Yukon Gold potatoes, cut into 2 inch wedges
1 large Braeburn apple, sliced (about 10 oz)
6 oz haricots verts (French green beans), trimmed
3 Tbsp unsalted chicken stock
3 Tbsp unsalted butter
1 1/2 Tbsp apple cider vinegar

1. Preheat oven to 500°F. Place a rimmed baking sheet in oven (do not remove pan while oven preheats).
2. Rub pork with 1 T oil, 2 1/2 tsp rosemary, 1/2 tsp salt and 1/2 tsp pepper. Remove pan from oven; add pork, and return to oven. Immediately reduce oven temperature to 450°. Bake pork 5 minutes.
3. Combine remaining 2 T oil, remaining 2 tsp. thyme, remaining 2 tsp. rosemary, 1/2 tsp salt, remaining 1/4 tsp pepper, potatoes and apples in a bowl; toss and coat.
4. Removed pan from oven; add potatoes mixture to pan with pork. Bake at 450°F until a thermometer inserted in pork registers 140°F, 11 - 13 minutes. Removed pork from pan; place on a cutting board. Add green beans to the pan with potatoe mixture. Bake at 450°F until potaotes are tender, about 10 minutes.
5. Place potatoe mixture on a platter. Add remaining 1/4 tsp salt, stock, butter and vinegar to hot pan. Scrape browned bits loose with a wooden spoon and stir until butter is melted. Cut pork into 12 slices; arrange over vegetables. Drizzle stock mixture over pork.

Serves 4 (serving size: 4 oz pork and 1 cup potato mixture)

Calories 421; Fat 22 g; Protien: 27 g; Carb 31 g; Fiber 4g; Sugars 10g; Sodium 691mg; Calc 5% DV; Potassium 33% DV