

Bubbie's
EVERYTHING
HERBAL

by Cheryl Jabz



*Cooking with
Herbs for
Health, Flavor
& Tradition.*



Bubbie's GARLIC PORK TENDERLOIN



Juicy pork tenderloin seasoned with garlic and herbs, then roasted to perfection. A simple, flavorful, and wholesome meal the whole family will love!



INGREDIENTS:



- 1 (1 to 1½ lb) pork tenderloin
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt (or to taste)
- ½ tsp black pepper (or to taste)
- 1 tbsp Dijon mustard (optional)
- 1 tbsp lemon juice (optional)
- Fresh parsley, for garnish (optional)

INSTRUCTIONS:



- 1 Pat pork tenderloin dry and remove silver skin.
- 2 In a small bowl, mix olive oil, garlic, rosemary, thyme, oregano, garlic powder, onion powder, salt, and pepper.
- 3 Rub mixture all over the pork tenderloin.
- 4 (Optional) Spread Dijon mustard over the tenderloin and squeeze lemon juice on top.
- 5 Heat a large oven-safe skillet over medium-high heat. Sear pork on all sides, about 2–3 minutes per side, until browned.
- 6 Transfer skillet to a preheated oven at 400°F. Roast for 18–22 minutes, or until internal temperature reaches 145°F.
- 7 Let rest for 5–10 minutes before slicing. Garnish with fresh parsley and serve.

BENEFITS



Garlic and herbs support heart health and immunity.



Pork provides high-quality protein and essential nutrients.



Herbs add flavor naturally without extra sodium.

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*From my kitchen
to yours* ♥