

Low-Point Seasoned Pork Tenderloin

Ingredients:

- 1 lb. boneless pork tenderloin, cut into 10 thin slices
- 1 Tbs olive oil (plus Pam cooking spray with olive oil, only if needed)
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper
- 1/8 tsp. cumin
- 1 Tbs coffee grounds
- 1/2 tsp. onion powder

Mix the salt, pepper, cumin, coffee, and onion powder in a bowl. Press seasoning mixture on slices of pork tenderloin, both sides. Heat olive oil over medium-high heat in a large skillet. Place seasoned pork tenderloin slices in skillet and sear on both sides. Turn heat down to medium and continue cooking pork until desired doneness, turning over several times to cook evenly. Remove and enjoy!

Total servings - 10

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"The quickest way to change your attitude toward pain is to accept the fact that everything that happens to us has been designed for our spiritual growth." - M. Scott Peck