

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



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Pork Tenderloin with Squash, Apples & Onion

Serves 4 - 6

We didn't eat a ton of pork in my house when I was growing up, but since my time in culinary school, I've learned to appreciate the merits – and there are many – of “the other white meat.” (Did anyone else think that ad campaign was kind of weird?) Anyway, roasting a pair of lean pork tenderloins is one of the simplest ways to ease into a world beyond beef and chicken – and let me tell you, this new world is a juicy and flavorful one. Butternut squash, apples, red onion, and garlic are a sweet, savory, autumn-inspired backdrop for the rich, tender meat, but feel free to swap out the winter squash and apples for whatever's in season (zucchini and tomatoes in summer, baby artichokes and ramps in spring, perhaps).

4 cups chopped, peeled butternut squash, cut into 3/4-inch chunks; about 1 large squash)
2 Granny Smith apples, peeled cored, and cut into 3/4-inch chunks
1 large red onion, cut into 1/2-inch-thick chunks
3 cloves garlic, thinly sliced
1/4 cup extra virgin olive oil
1-1/2 teaspoons kosher salt
1 teaspoon chopped fresh thyme leaves
2 pork tenderloins (1 pound each), trimmed of all visible fat
2 teaspoons dried *herbes de Provence*
1 teaspoon ground mustard (such as Colman's)
1/2 teaspoon freshly ground black pepper

LET'S COOK:

1. Preheat the oven to 450°F with a rack in the center position. Line a sheet pan with aluminum foil or parchment paper.
2. Toss together the squash, apples, onion, garlic, olive oil, 1/2 teaspoon salt, and the thyme on the prepared pan until well combined. Spread out the vegetables evenly.
3. Place the pork tenderloins on a plate. Pat them dry with a paper towel, then rub them with the remaining 1 teaspoon salt, the *herbes de Provence*, ground mustard, and pepper until coated on all sides. Place the tenderloins on top of the vegetables in the sheet pan, leaving some space between the two pieces of meat.
4. Roast the pork and vegetables for 15 minutes, then use the kitchen tongs to flip the tenderloins over. Continue to roast until the vegetables are browned and an instant-read thermometer inserted into the thickest part of the pork registers 145°F, an additional 10 to 15 minutes.
5. Allow the pork to rest, loosely covered with aluminum foil, for 10 minutes before transferring them to a cutting board to slice.