

## SPICE-RUBBED PORK TENDERLOIN

### Ingredients

- 2 tsp Splenda brown sugar
- 2 tsp ground coriander
- 1 ½ tsp ground cumin
- ¼ tsp kosher salt
- 2 tsp chile-garlic sauce (blend of ground chiles, garlic, and vinegar)
- 2 tsp extra-virgin olive oil, divided
- 1 ½ pounds pork tenderloin, trimmed of the fat

Yields: 6 (4 oz.) servings  
Calories: 167 kcal  
Fat: 6 g  
Protein: 23 g

1. Preheat oven to 375°F. Line a baking sheet with foil.
2. Mix artificial sweetener, sugar-free maple syrup, coriander, cumin, salt, chile sauce and 1 tsp oil in a small bowl to form a smooth paste. Rub the paste over the pork.
3. Heat remaining 1 tsp oil in a large nonstick skillet over medium-high heat. Add the pork; cook, turning occasionally, until browned on all sides, about 3 minutes. Transfer to the baking sheet.
4. Roast the pork until just cooked through, 20 to 25 minutes (an instant-read thermometer inserted in the center should register 155°F). Let stand, loosely covered with foil, for 5 minutes.
5. Meanwhile, make Sweet & Tangy Watermelon Salad. Carve the pork into 1/2-inch-thick slices. Serve with the watermelon salad.

## SWEET & TANGY WATERMELON SALAD

### Ingredients

- 2 tablespoons rice vinegar
- 2 ½ teaspoons artificial sweetener
- 2 cups diced seeded watermelon
- 2 cups diced cucumber
- ½ cup chopped fresh cilantro
- ¼ cup unsalted dry-roasted peanuts

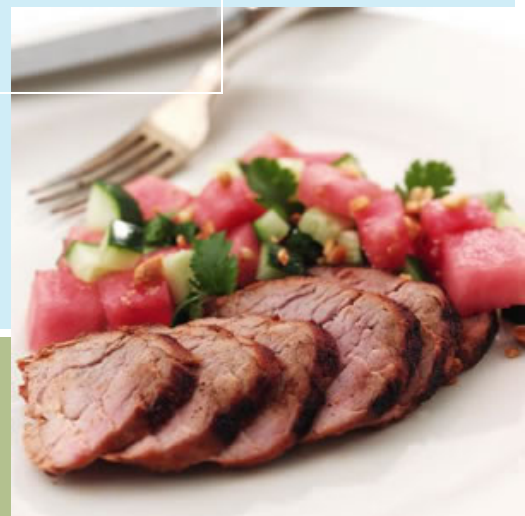
1. Heat a small dry skillet over medium-low heat.
2. Add coarsely chopped nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.
3. Transfer to a bowl to cool.
4. Stir together vinegar and artificial sweetener in a medium bowl until the artificial sweetener dissolves.
5. Add watermelon, cucumber and cilantro; toss gently to combine.
6. Just before serving, sprinkle with peanuts.

Yields: 6 (2/3 cup) servings  
Calories: 63 kcal  
Fat: 3 g  
Protein: 2 g

## RECIPES



*For eating well  
after bariatric  
surgery*



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