

SESAME PORK TENDERLOIN

Adapted from "The American Heart Association Quick & Easy Cookbook" (Times Books).

INGREDIENTS:

- 1½ pounds pork tenderloin, all visible fat removed
- 1 tablespoon molasses
- 1 tablespoon light soy sauce
- ¼ teaspoon sesame oil
- 1 tablespoon sesame seeds

INSTRUCTIONS: Preheat oven to 425°.

Place the pork in a shallow baking pan.

Stir together the molasses, soy sauce and sesame oil. Brush the mixture over the meat and sprinkle with the sesame seeds. Roast, uncovered, for 45 minutes, until a meat thermometer registers 160°. Let stand 5 minutes. Slice thinly to serve.

Serves 6.

PER SERVING: 146 calories, 24 g protein, 2.5 g carbohydrate, 4 g fat (1g saturated), 74 mg cholesterol, 156 mg sodium, 0 g fiber.