

Mustard Crusted Pork Tenderloin

2 pork tenderloins
2 Tablespoons Dijon mustard
½ cup panko breadcrumbs

Directions: Preheat oven to 350 degrees. Place bread crumbs on wax paper. Put the mustard on a corner of the wax paper. Spread mustard on all sides of one pork tenderloin and roll in the bread crumbs to coat. Place in baking dish. Bake for 35 minutes or until juices run clear. Plan Ahead Tips: Bake the second tenderloin (plain) next to the other pork tenderloin for Meal #2.

Cook Brown rice according to package. Plan Ahead Tip: Make extra rice for Meal #2.

Steam Broccoli.

Mango Salsa

1 mango, peeled and diced
1/3 cup diced red onion
1 tablespoon lime juice
1/3 cup roughly chopped cilantro leaves

Directions: Combine the mango, red onion, lime juice and cilantro leaves and mix well.

Top pork tenderloin and rice with salsa.

Nutrition (Serves 4-6): 10 grams of carbohydrate