Roasted Pork Tenderloin

Ingredients

1 spray(s) cooking spray  
2 tsp dried thyme, or 2 Tbsp freshly chopped thyme  
2 tsp dried oregano, or 2 Tbsp freshly chopped oregano  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp table salt  
1 tsp black pepper, freshly ground  
2 tsp olive oil  
2 pound(s) lean pork tenderloin

Instructions

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

Combine thyme, oregano, garlic powder, onion powder, salt and pepper in a small bowl; set aside.

Rub oil all over pork. Sprinkle thyme mixture all over pork and transfer to prepared pan.

Roast until an instant-read thermometer inserted in center of pork reads 160°F, about 30 minutes.

Let roast stand 10 minutes before slicing crosswise into thin slices. Yields about 3 ounces per serving.

Notes

For variety, try seasoned oils (such as roasted red pepper olive oil or garlic olive oil) and a variety of herbs and spices (such as parsley, rosemary, onion powder and cumin).