

# Sheetpan Pork Tenderloin with Apples, Potatoes and Green Beans

Adapted from a *Cooking Light* recipe

From cooking class with Susan V, Feb. 2020



- 1 pound pork tenderloin, trimmed
- 3 tablespoons olive oil, divided
- 1 1/2 tablespoons chopped fresh thyme, divided
- 1 1/2 tablespoons chopped fresh rosemary, divided
- 1 1/4 teaspoons kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 12 ounces Yukon Gold potatoes, cut into 1-1/2" chunks
- 2 apples, Gala, or other sweet apple, peeled, 1" cubes
- 6 ounces haricots verts, trimmed (if using regular green beans, baking time will be longer)

#### AU JUS:

- 3 tablespoons low sodium chicken broth
- 3 tablespoons unsalted butter
- 1 1/2 tablespoons apple cider vinegar

**Yield:** Yield

*Per Serving (excluding unknown items): 369 Calories; 15g Fat (37.5% calories from fat); 27g Protein; 30g Carbohydrate; 4g Dietary Fiber; 74mg Cholesterol; 685mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

#### Servings: 4

1. Preheat oven to 500°F. Place a rimmed baking sheet in oven (do not remove pan while oven preheats).
2. Rub pork with 1 tablespoon oil, 2 1/2 teaspoons thyme, 2 1/2 teaspoons rosemary, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Remove pan from oven; add pork, and return to oven. Immediately reduce oven temperature to 450°F. Bake pork 5 minutes.
3. Combine remaining 2 tablespoons oil, remaining 2 teaspoons thyme, remaining 2 teaspoons rosemary, 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, potatoes, and apple in a bowl; toss to coat.
4. Remove pan from oven; add potato/apple mixture to pan with pork. Bake at 450°F until a thermometer inserted in pork registers 140°F, 11 to 13 minutes. Remove pork from pan; place on a cutting board. Add green beans to pan with potato mixture. Bake at 450°F until potatoes are tender, about 10 minutes. Taste green beans to see if they're to your liking.
5. Place vegetable mixture on a heated platter. Add remaining 1/4 teaspoon salt, stock, butter, and vinegar to hot pan. Scrape browned bits loose with a wooden spoon, and stir until butter is melted. Cut pork into 12 slices; arrange over vegetables. Drizzle stock mixture over pork.