



Marla's Maple Pork

One to one-half pounds

One-half cup

Two tablespoons each:

One tablespoon

Two teaspoons

One and one-half teaspoon each:

One teaspoon

Two cloves

pork tenderloin

pure maple syrup

reduced sodium soy sauce and ketchup

Dijon mustard

grated orange zest

curry powder and ground coriander

Worcestershire sauce

garlic, minced

1. Trim pork of all visible fat. Place in large, heavy-duty resealable plastic bag.
2. Wisk together all remaining ingredients in a bowl.
3. Pour over pork in the bag, seal bag and allow pork to marinate in refrigerator for one hour.
4. Transfer pork and marinade to a small roasting pan or baking dish.
5. Roast uncovered, at 350°F for 40 minutes. Pork should still be slightly pink in the middle.
6. Let pork stand for 10 minutes before slicing. Slice thinly. Drizzle extra sauce over pork and serve immediately. *Serves six.*

From **Crazy Plates: Low-Fat Food So Good, You'll Swear It's Bad for You!**

Janet & Greta Podelski, Granet Publishing, 1999.