



## Sheet-Pan Pork Tenderloin with Sweet Potatoes & Pears

**Prep: 15 minutes plus standing**

**Roast: 25 minutes • Serves: 4**

- Nonstick cooking spray
- 2 tablespoons olive oil
- 2 teaspoons pumpkin pie spice
- 1 teaspoon chopped fresh thyme
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1¼ pounds pork tenderloin
- 2 medium Bartlett pears, cored and sliced ¼-inch thick
- 1 large sweet potato, peeled and chopped
- 1 medium shallot, thinly sliced
- ¼ cup dried cherries

**1.** Preheat oven to 400°. Spray rimmed baking pan with nonstick cooking spray. In small bowl, whisk oil, pumpkin pie spice, thyme, salt and pepper. Brush pork with ½ the oil mixture; place in center of prepared pan.

**2.** In large bowl, toss pears, potato, shallot, dried cherries and remaining oil mixture; spread around pork on pan.

**3.** Roast 25 minutes or until internal temperature of pork reaches 145° and vegetables are tender. Let pork stand 5 minutes before slicing.

*Approximate nutritional values per serving:*

*356 Calories, 11g Fat (2g Saturated), 79mg Cholesterol,  
387mg Sodium, 34g Carbohydrates, 5g Fiber, 30g Protein*