

ROAST PORK, ASPARAGUS & CHERRY TOMATO BOWL

400 calories per serving

Serves 4

Ingredients:

- 2 1/2 cups water plus 2 Tbsp., divided
- 1 1/4 cups millet, rice or quinoa
- 3/4 tsp. salt, divided
- 1 lb. pork tenderloin, trimmed
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 tsp. dried marjoram
- 1/4 tsp. ground pepper
- 2 Tbsp. melted butter, divided into 1 Tbsp. servings
- 1 large red onion, chopped
- 1 cup halved cherry tomatoes
- 1/2 cup finely chopped fresh parsley
- 2 tsp. lemon zest
- 2 Tbsp. lemon juice
- 1/4 cup plain hummus



R O A S T P O R K , A S P A R A G U S & C H E R R Y T O M A T O B O W L C O N T I N U E D

Instructions:

1. Preheat oven to 400F. Bring 2 1/2 cups water to a boil in a medium saucepan. Remove from heat and stir in millet/rice/quinoa and 1/4 teaspoon salt. Cover and let stand until tender, about 20 minutes.
2. Toss asparagus and onion with the remaining 1 Tbsp. melted butter and 1/4 tsp. salt in a medium bowl.
3. When the pork is browned, scatter the asparagus and onion around it. Transfer the pan to the oven and roast until a thermometer inserted in the center of the pork registers 145°F, 12 to 16 minutes.
4. Transfer the pork to a clean cutting board and let rest for 5 minutes before slicing.
5. Toss the vegetables with the pan juices.
6. Drain any remaining liquid from the millet/rice/quinoa, then stir in parsley, lemon zest and lemon juice.
7. Combine hummus and 2 Tbsp. hot water in a small bowl.
8. Divide the millet/rice/quinoa among 4 bowls and top with the pork and vegetables; drizzle with the hummus sauce.