

Roast Pork & Pears With Mustard-Honey Glaze

1½ tsp. coarse (kosher) salt
2½ tsp. paprika
1 tsp. plus 1 Tbsp. sugar
½ tsp. pepper
¼ tsp. nutmeg
2 pork tenderloins (about 1 lb. each)
1 Tbsp. olive oil
3 firm-ripe Bosc pears, each cut into 6 wedges
2 tsp. lemon juice
¼ cup Dijon mustard
¼ cup honey



1. Preheat oven to 375°F. In small bowl, stir together salt, 1½ teaspoons paprika, 1 teaspoon sugar, pepper and nutmeg. Rub mixture all over pork.
2. Pour oil into 9- by 13-inch pan. Preheat in oven 5 minutes. Meanwhile, toss pears with lemon juice and 1 tablespoon sugar. Place pork and pears (and juices) in pan. Roast 25 minutes.
3. Stir together mustard, honey and remaining 1 teaspoon paprika. Separate into two bowls, one for basting and one for serving.
4. After 25 minutes, brush with baste and roast 5 minutes or until pork is cooked through but still juicy. Let stand 5 minutes. Slice and serve with honey-mustard mixture.

Makes 6 servings

Per serving: 331 calories, 8.6 g fat, 34 g carbohydrates (4.1 g fiber), 31 g protein