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# Roast Pork Salad With Ginger-Pineapple Dressing

**Prep Time:** 25 mins

**Cook Time:** 25 mins

**Total Time:** 50 mins

## Ingredients

- ❖ 12 ounce(s) pork, tenderloin
- ❖ 1/8 teaspoon salt
- ❖ 1/8 teaspoon pepper, black ground
- ❖ 2 tablespoon mustard, honey
- ❖ 6 cup(s) lettuce, romaine
- ❖ 2 cup(s) pineapple
- ❖ pepper, cracked black
- ❖ 1/4 cup(s) dressing, low-fat mayonnaise-based
- ❖ 1/4 cup(s) pineapple juice, unsweetened
- ❖ 1 tablespoon mustard, honey
- ❖ 1 teaspoon ginger, fresh, grated



## Preparation

### Roast Pork Salad:

1. Preheat oven to 425° F. Trim fat from pork; sprinkle with salt and ground black pepper. Place pork on a rack in a shallow roasting pan. Roast for 20 minutes.
2. Spoon mustard onto pork. Roast 5 to 10 minutes or until an instant-read thermometer inserted in the thickest part registers 160° F.
3. To serve, thinly slice pork. In 4 salad bowls or plates, arrange greens, pork, and fruit. If desired, sprinkle salads with cracked black pepper. Stir Ginger-Pineapple Dressing; drizzle onto salads. Makes 4 servings.

### Ginger-Pineapple Dressing:

In a small bowl, combine 1/4 cup low-fat mayonnaise dressing, 1/4 cup unsweetened pineapple juice or orange juice, 1 tablespoon honey mustard, and 1 teaspoon grated fresh ginger. Cover; chill until serving time.