

Sweet & Spicy Pork Tenderloin

Ingredients:

- Pork Tenderloin
- Your Favorite Seasoning
- ¼ Cup Walden Farms Thick & Spicy BBQ Sauce
- ¼ Cup Ideal Protein Maple Flavored Syrup

Directions:

Prepare the pork tenderloin your favorite way – broiled, sautéed, or grilled.

My preference is to season it with a pepper-based rub such as, Mrs. Dash, and grill it. Cook the pork tenderloin to about 145°F. Slice and cut into bite-size pieces and place in a sauté pan on medium-high heat. Mix in a mixture of the Walden Farms BBQ sauce and the Ideal Protein Syrup. Cook until the meat is done to your liking and the sauce is heated.