

**Mustard Pork Tenderloin**

1 pork tenderloin (2 ½ lbs.)

Creole mustard to coat pork

¼ cup water

¼ cup red wine

2 T. unsalted butter

1 T. chopped onion

2 T. chopped green onion

1 clove garlic, minced

1/3 cup mayonnaise

2 T. Creole mustard

Preheat oven to 350 degrees. Completely cover tenderloin with thin coat of mustard. Place on rack in shallow baking pan and roast 20 minutes per pound or until internal temperature registers 160-165\* on meat thermometer.

To prepare mustard sauce, remove tenderloin and place baking pan with drippings on stove over medium-high heat. Pour in ¼ cup water and scrape to release browned bits. Add red wine, stir and bring to boil. Reduce to glaze. Sauté onions, green onions and garlic in butter and add to glaze. Let sauce cool briefly. Blend mayonnaise and mustard. Slowly add to sauce until desired consistency. Serve with sliced pork.

**Garden Rice**

1 bunch green onion, chopped with tops

1 red bell pepper, chopped

1 ½ lb. squash (zucchini and yellow), sliced thin

2 large carrots, sliced thin

¾ cup butter (1 ½ sticks)

1 (12 oz) can Mexicorn, drained

1 tsp. lemon pepper seasoning

½ tsp. coriander

¾ tsp. oregano

1 tsp. salt

1 tsp. parsley

1 ½ cup raw rice

Cook rice as directed. Sauté onion, pepper, squash and carrots in 4 T. butter until tender. Add corn and all seasonings and set aside. Pour ½ cup melted butter over cooked rice and toss. Add veggies and toss gently. Place in buttered casserole. Heat covered at 350\* for 20 minutes until heated.

