

# Cajun Pork Tenderloin with Vegetables

Printed from Pork Tenderloin Recipes at <http://www.porktenderloinrecipes.org/>

*Spice up your meal with a Cajun-inspired pork and vegetable dish.*

## Ingredients:

1 (1-pound) pork tenderloin  
2 teaspoons Cajun or Creole seasoning  
2 medium sweet potatoes, cut into 1-inch cubes  
4 small green zucchini, cut into 1-inch cubes  
1 medium onion, coarsely chopped  
2 tablespoons melted butter  
½ teaspoon dried thyme  
¼ teaspoon salt

## Directions:

- 1) Preheat oven to 425°F. Rub pork with Cajun seasoning; place in an ungreased 15-by-10-inch jelly roll pan.
- 2) In a large bowl, combine sweet potatoes, zucchini, onion, butter, thyme, and salt; toss well to coat. Arrange vegetable mixture evenly around pork in pan.
- 3) Roast, uncovered, until pork temperature reaches 165°F, about 35 minutes.
- 4) Remove pan from oven; cover loosely and let stand 10 minutes. Slice pork and serve.