



Wellnesssleuth Recipes

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Mustard Pork Loin with Thyme-Roasted Carrots

INGREDIENTS:

- ***Ingredients***
 - ***2 lbs. pounds pork loin***
 - ***2 T. Dijon mustard***
 - ***2 T. sugar-free whole grain mustard***
 - ***1 T. extra virgin olive oil***
 - ***Salt and pepper, to taste***
 - ***1 lb. tri-color baby carrots***
 - ***2 garlic cloves, minced***
 - ***2 T. balsamic vinegar***
 - ***1 T. coconut oil, melted***
 - ***2 T. fresh thyme leaves***
- Salt and pepper, to taste***

DIRECTIONS

- 1.Preheat your oven to 400 degrees F
- and line a large, rimmed baking sheet with a piece
- 2.of parchment paper. Place the pork loin in the center of the lined baking sheet and set aside.
- 3.In a small glass or other non-
- reactive bowl, combine the Dijon and
- whole-grain mustard
- 4.with the olive oil. Massage the pork loin with the mustard mixture, then
- sprinkle both
- 5.sides with salt and pepper, to taste.
- 6.Place the baby carrots in a large bowl and add the garlic, balsamic vinegar, coconut oil,
- 7.and fresh thyme. Season with salt
- and pepper, to taste, and toss to
- combine.
- 8.Spread the carrots in a single layer around the seasoned pork tenderloin on the baking
- 9.sheet and pour any remaining juices from the bowl on top.
- 10.Cook for 20 minutes, then remove
- the baking sheet from the oven and flip the pork.
- 11.Cook for another 15-20 minutes, or until the pork reaches an internal temperature of at least 145° for
- medium-rare and the carrots are nicely caramelized.
- 12.Remove from oven and let pork loin rest for 3-5 minutes before slicing. Serve warm with roasted baby carrots. Enjoy!



GRILLED POLENTA CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



MIXED BERRY SALAD WITH RASPBERRY VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)