



Herbed Pork Tenderloin with Garlic Beet Greens

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

556.2 calories, 8.22 g carbohydrate, 5.17 g fiber, 3.05 g NET carbs, 49.64 g protein, 36.11 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 2 clove(s) garlic
- 1 Tbsp lemon juice
- 8 ounce(s) pastured pork tenderloin, sliced
- 2 Tbsp(s) avocado oil
- 4 cup(s) beet greens

Preparation

1. Heat the oil in a skillet over medium heat.
2. Add the pork and the seasoning and cook until browned.
3. Add the garlic, cook for 1 minute and stir in the beet greens.
4. Cook until wilted, and add the lemon juice.
5. Season with salt before serving.

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