



Eat in Peace Wellness Consulting

Charlotte Skiles, MS

Clinical Herbalist
& Nutrition Consultant

www.charlotteskiles.com

GARLIC-STUFFED PORK TENDERLOIN

1-2 pounds pork tenderloin, from a pastured pig or at least organically-raised
2-3 cloves of garlic, slivered, vertically
Cajun Seasoning
Butter

Preheat oven to 350 degrees. One at a time, poke small holes in tenderloin with a sharp knife; this can be done simply by stabbing the meat. Insert a sliver of garlic into each hole. Proceed to do this in a random, but patterned fashion. Season and then place small dabs of butter on top of tenderloin. Bake for 35-45 minutes, depending on size of tenderloin.

***Best served with Halloween Soup (see recipe) or a baked sweet potato -- wash potato, do not dry and wrap it tightly in tinfoil. Bake at 350 degrees for an hour to an hour and a half, until tender. Serve with a liberal amount of butter and a touch of cinnamon.