

# Rosemary Parmesan Pork Tenders

*My Wild Kitchen.com*

Recipe Category:

Wild Pork Recipes

Prep Time:

30 minutes

## *Ingredients:*

1 - 2 pounds wild pork tenders	1 tsp oregano	¼ tsp cracked black pepper
	½ tsp sea salt	1 lemon
3 - 4 springs fresh rosemary, chopped	¼ c fresh Parmesan, chopped	
2 - 3 cloves garlic, minced		

## *Directions:*

Preheat oven to 450°.

In a small bowl combine the chopped rosemary, minced garlic, oregano, salt, Parmesan, pepper, and juice from 1 lemon (seeds removed).

Place the pork tenders on a rimmed baking pan. Generously press the rosemary Parmesan mixture over the tenders. Bake the tenders for about 15 minutes until the internal temperature reaches 145°. Remove the pan from the oven and let the tenders rest in the pan. The temperature of the tenders will continue to rise for a few minutes.

Serve Rosemary Parmesan Pork Tenders hot with a fresh salad and garlic bread.

