

If any of you out there are making a valid attempt at portion control, this could be a meal for you. Not only is pork a great meal by itself, it is even better as a sandwich.

My dad is one of those “dieters” who thinks that portion control means making himself a small plate of food and then returning for two or three more small plates of food until he is overly stuffed. Telling my dad that this is not an effective diet, however, is like trying to explain quantum physics to a two-year-old, repetitive and pointless!

So this little main dish is perfect for him and anyone else working on their figure. Very filling and very delicious all at the same time. Pair it with your favorite veggie or salad and you are set. Not to mention you can make this a slow cooker meal as well.

Just put your tenderloin, other ingredients and I added a 1/2 cup of chicken stock in the slow cooker in the morning and when you get home from work, your supper is done!

### ***Mini Pork Sandwiches***

4 cloves garlic, minced

1 teaspoon finely chopped fresh rosemary leaves

1 teaspoon extra-virgin olive oil

2 teaspoons Worcestershire sauce

1 (2-pound) pork tenderloin

1 teaspoon salt

12 dinner rolls or small sandwich rolls

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Preheat oven to 350 degrees. Mix garlic, rosemary, olive oil, Worcestershire sauce. Remove wrapper from the tenderloin and separate the 2 halves. Spoon half the mixture on the inside half of the tenderloin. Place the 2 pieces together again and tie with string.

Rub the rest of the mixture to the top of meat. Add salt to all sides of the tied tenderloin.

Place in oven for 1 hour; covered with foil for 30 minutes and then uncovered for the remaining 30 minutes. Cut the pork tenderloin into slices. Slice dinner rolls. Place a slice of pork and a teaspoon of your favorite sandwich spread onto each dinner roll.