Pork Loin Barbeque

Ingredients:
1 pound pork tenderloin
1 teaspoon vegetable oil
1 tablespoon barbecue rub, or other meat seasoning
1 teaspoon vegetable oil
1 onion, sliced
1 cup ketchup
1/4 cup brown sugar, packed
2 tablespoons barbecue rub
2 teaspoons vinegar
8 whole wheat buns

Equipment:
Cutting board
Knife
Small saucepan
Baking pan
Stirring spoon

Directions
1. Preheat oven to 350ºF.
2. Rub pork tenderloin with oil and barbeque rub. Place in baking pan. Bake until internal temperature reads 145ºF, about 45 minutes.
3. Heat vegetable oil in a small saucepan to medium.
4. Meanwhile, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, cut slices from side to side. Chop up any large pieces. Add to saucepan, and cook until onions are tender, about 5 minutes.
5. Add ketchup, brown sugar, barbecue rub and vinegar and allow to simmer for 15 to 20 minutes.
6. To serve, slice pork into 1/4 inch slices. Arrange over rolls. Pour sauce over top.

Number of Servings: 8
Prep Time: 15 minutes
Total time: 1 hour

Nutrition Facts
Serving Size: 1 bun with 1/2 cup pork
Servings: 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 281</th>
<th>Calories from Fat 45</th>
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<tbody>
<tr>
<td>Total Fat 5g</td>
<td>8%</td>
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</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>6%</td>
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<tr>
<td>Cholesterol 37mg</td>
<td>12%</td>
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<tr>
<td>Sodium 557mg</td>
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<tr>
<td>Potassium 454mg</td>
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<tr>
<td>Total Carbohydrate 40g</td>
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<tr>
<td>Dietary Fiber 3g</td>
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<tr>
<td>Protein 17g</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Iron 12%</td>
<td>Calcium 8%</td>
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*Percent Daily Values are based on a 2,000 calorie diet.