



Honey-Orange Pork Tenderloin

Yield: 4 servings Time: 35 minutes

INGREDIENTS

- ½ cup orange marmalade
- 3 tablespoons cider vinegar
- 3 tablespoons soy sauce
- 1 ½ tablespoons minced garlic
- 1 ½ teaspoons honey
- 2 tablespoons vegetable or olive oil
- 1 pound pork tenderloin (larger or smaller will work)
- Kosher salt and black pepper

DIRECTIONS

1. Preheat oven to 400°F.
2. In a small mixing bowl, whisk together the marmalade, vinegar, soy sauce, garlic, and honey. Reserve 2 tablespoons and set the sauce aside.
3. Heat the oil in an oven-safe skillet over medium-high heat. Season the pork tenderloin with salt and pepper. When the oil is hot, add the tenderloin and cook for 1-2 minutes or until a golden brown crust starts to form. Flip the tenderloin over and cook for another 1-2 minutes or until the entire tenderloin is golden brown. Remove from heat.
4. Pour about 1/2 of the sauce over the pork. Place the pan in the oven and cook for 10 minutes. Remove the pan from the oven and flip the tenderloin over. Add the remaining sauce (not the reserved 2 tablespoons) and place the pan back into the oven.
5. Cook for another 10 minutes or until a thermometer reads 155°F. Remove from oven and allow to stand for 10 minutes. Drizzle with reserved sauce and cut into 1/2" slices.

Wasatch County Senior Cooking Class, April 2026

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Crispy Roasted Potatoes

Yield: 4 servings Time: 35 minutes

INGREDIENTS

- Kosher salt
- ¼ teaspoon baking soda
- 2 pounds russet or Yukon Gold potatoes, peeled and cut into quarters, sixths, or eighths, depending on size (about 2")
- 2-3 Tablespoons extra-virgin olive oil
- 1 teaspoon rosemary
- 2 teaspoons granulated garlic
- 2 teaspoons kosher salt
- Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 450 degrees F and oven rack at center position.
2. Heat water in a large pot over high heat until boiling. Add 1 tablespoons kosher salt baking soda, and potatoes and stir. Return to a boil, reduce to a simmer, and cook until a knife meets little resistance when inserted into a potato chunk, about 10 minutes after returning to a boil.
3. When potatoes are cooked, drain carefully and let them rest in the pot for about 30 seconds to allow excess moisture to evaporate.
4. Transfer potatoes to a bowl with olive oil, and seasonings, and toss to coat, shaking bowl roughly, until a thick layer of mashed potato-like paste has built up on the potato chunks.
5. Transfer potatoes to a sheet pan with olive oil and separate them, spreading them out evenly. Transfer to oven and roast, without moving, for 20 minutes. Using a thin, flexible metal spatula to release any stuck potatoes, shake pan and turn potatoes. Continue roasting until potatoes are deep brown and crisp all over, turning and shaking them a few times during cooking 10 to 15 minutes longer. (Turn on broil if you want the potatoes to crisp faster.)
6. Serve immediately.

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