

RECIPE

Grilled Pork Tenderloin

Start to Finish: 2 hours Servings: 2

Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil
- ½ tablespoon orange juice
- 1 garlic clove, minced
- ¾ pound pork tenderloin, visible fat removed

Directions:

1. Whisk together soy sauce, honey, vinegar, oil, orange juice and garlic in a small bowl. Pour half of the marinade into a resealable plastic bag. Reserve the other half the marinade to serve as a dressing with the cooked tenderloin.
2. Place pork in the bag and toss around until it is thoroughly coated. Marinate in the refrigerator for 1 ½ to 2 hours, turning at least once. Remove from the refrigerator 20-30 minutes before grilling.
3. Prepare indoor or outdoor grill. Grill the tenderloin for 20-25 minutes, turning often, until a meat thermometer registers 150 F. Let rest for 5-10 minutes before slicing.
4. Pour the remaining marinade over the sliced pork and serve.



Nutrition Information Per Serving:

284 Calories; 11 g Total Fat; 3 g Saturated Fat; 536 mg Sodium; 36.5 g Protein; 0.5 g Dietary Fiber; 9 g Carbohydrates