



Stuffed Pork Tenderloin

Makes 6 servings

Ingredients

5 tablespoons extra-virgin olive oil,
plus more for brushing
4 slices uncooked bacon, chopped
8 ounces cremini mushrooms, thinly sliced
Kosher salt and freshly ground pepper
1 clove garlic, finely chopped
1 tablespoon breadcrumbs
1/2 cup chopped fresh parsley
2 pork tenderloins (2 to 2 1/2 pounds total), trimmed
1/2 teaspoon grated lemon zest



Instructions

Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the bacon, and cook until crisp, about 8 minutes. Add the mushrooms, 1/2 teaspoon salt and pepper to taste; cook until the mushrooms are soft, about 4 minutes. Add the garlic, and cook 1 minute. Remove from heat, and stir in the breadcrumbs and all but 2 tablespoons parsley. Let cool.

Soak 10 to 12 toothpicks in water to prevent them from burning. Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each tenderloin; do not cut all the way through. Open the meat like a book, so the tenderloins lie flat.

Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about 1/2 inch thick, starting from the middle and working outward. Spread the mushroom mixture over the 2 tenderloins. Starting with a long side, tightly roll up each tenderloin. Secure the seams with the toothpicks.

Preheat a grill to medium high; brush the grates with olive oil. Brush the pork rolls with olive oil and season with salt and pepper. Grill, turning, until a meat thermometer inserted into the center of the pork registers 140 degrees, 25 to 30 minutes. Transfer to a cutting board to rest, about 10 minutes.

Mix the remaining 3 tablespoons olive oil and 2 tablespoons parsley, the lemon zest and salt and pepper to taste in a bowl. Remove the toothpicks, and slice the pork rolls. Top with parsley oil.

Nutrition Facts

One serving: Calories 323; Total Fat 17 g; Saturated Fat 3.5 g; Protein 39 g;
Total Carbohydrates 3 g; Sugar 1 g; Fiber 1 g; Cholesterol 116 mg; Sodium 301 mg

Recipe Courtesy of Food Network Magazine



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