

Cuban Pork Tenderloin

Times

5 minutes prep, 20 minutes cook

Ingredients

1 1/2 pounds pork tenderloin, trimmed

1/4 cup orange juice, fresh

1/4 cup grapefruit juice, fresh

2 tablespoons cilantro, chopped

1 teaspoon dried oregano

2 cloves garlic, finely chopped

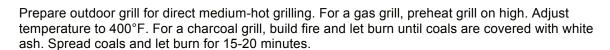
1/2 teaspoon kosher salt

1/2 teaspoon red pepper flakes

Cooking Directions

Using thin knife, trim silver skin from tenderloin. Mix orange juice, grapefruit juice, cilantro, cumin, oregano, garlic, salt, and hot pepper in gallonsized zip-top plastic bag. Add pork, close, and

refrigerate for at least 30 minutes and up to 4 hours. Meanwhile, make Rice and Black Bean Salad.



Lightly oil cooking grate. Remove pork from marinade, drain briefly, but do not scrape off solids. Place on grill and cover grill. Cook, turning occasionally, until browned and instant-read thermometer inserted in center of pork reads 145 degrees Fahrenheit, about 20-27 minutes. Transfer to carving board and let stand 3-5 minutes. Cut on slight diagonal and serve with rice and black bean salad.

Yields 6 servings.

Nutrition

Calories: 140 calories Protein: 24 grams Fat: 3 grams

Sodium: 220 milligrams Cholesterol: 75 milligrams Saturated Fat: 1 gram Carbohydrates: 3 grams

Fiber: 0 grams

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