



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 gallon-sized 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](#).



Prepare outdoor grill for direct medium-hot grilling. For a gas grill, preheat grill on high. Adjust temperature to 400°F. For a charcoal grill, build fire and let burn until coals are covered with white ash. Spread coals and let burn for 15-20 minutes.

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

For more great recipes, go to

http://www.porkbeinspired.com/RecipeDetail/2469/Cuban_Pork_Tenderloin.aspx