

Herb-Marinated Pork Steaks

Southern Living Best Barbecue Recipes - June 2011

Servings: 6

Preparation Time: 15 minutes

Grill Time: 20 minutes

4 pounds boneless pork loin roast
1 small onion, chopped
2 cloves garlic, minced
1/2 cup vegetable oil
3 tablespoons cider vinegar
1 tablespoon lemon juice
1 teaspoon dried oregano
1/2 teaspoon dried rosemary
1/4 teaspoon dried dill weed
1/4 teaspoon salt
1/4 teaspoon pepper
flat-leaf parsley sprigs (for garnish)
lemon halves (for garnish)

Cut the roast into six to eight 1-inch-thick pieces and place in a large shallow dish or zip-top freezer bag.

Stir together the onion, garlic, vegetable oil, vinegar, lemon juice, oregano, rosemary, dill weed, salt and pepper. Pour over the pork.

Cover or seal and chill at least two hours, turning occasionally.

Preheat the grill to 350 to 400 degrees (medium-high) heat,

Remove the pork from the marinade. Discard the marinade.

Grill the pork, covered with the grill lid, for 20 minutes or until a meat thermometer inserted into the thickest portion registers 155 degrees. Turn the pork once.

Remove the pieces from the grill and let stand 10 minutes or until the meat thermometer registers 160 degrees.

Garnish with parsley and lemon, if desired.

Per Serving (excluding unknown items): 172 Calories; 18g Fat (92.7% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 90mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.