

Pineapple Grilled Pork Tenderloin

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Servings: 6

Preparation Time: 18 minutes

Start to Finish Time: 48 minutes

2 1-pound pork tenderloins
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 can (8 oz) pineapple slices in juice
2 limes
1/4 cup orange marmalade
3 tablespoons hoisin sauce
3 tablespoons soy sauce
2 cloves garlic, pressed
1 teaspoon Dijon mustard
1/2 teaspoon ground ginger

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

Remove the silver skin from the tenderloins, leaving a thin layer of fat. Sprinkle the loin with salt and pepper.

Drain the pineapple, reserving 1/3 cup of juice.

Grate the zest from limes to equal one tablespoon. Squeeze the juice from the limes to equal 1/3 cup.

In a saucepan over medium-high heat, bring the pineapple juice, lime juice, lime zest, marmalade, hoisin sauce, soy sauce, cloves, mustard and ginger to a boil. Boil 3 to 4 minutes or until slightly thickened. Reserve half of the mixture in a bowl.

Grill the pork, covered, for 10 to 12 minutes on each side or until a meat thermometer inserted into the thickest portion registers 155 degrees, basting with the remaining half of the pineapple mixture.

Remove from the grill. Cover with aluminum foil and let stand for 10 minutes.

Grill the pineapple slices for 1 to 2 minutes on each side.

Serve the grilled pineapple and the reserved pineapple-marmalade mixture with the grilled pork.

Per Serving (excluding unknown items): 65 Calories; trace Fat (4.7% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 1017mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates.