

Pork

Blackberry-Balsamic Pork Tenderloin

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Servings: 8

Preparation Time: 20 minutes

Roast Time: 45 minutes

2 1.5 pound pork tenderloins
1/2 cup blackberry preserves, melted and cooled
1/2 cup dry white wine or apple juice
1/4 cup balsamic vinegar
1/4 cup olive oil
1/4 cup Dijon mustard
6 cloves garlic, minced
2 teaspoons soy sauce
2 teaspoons orange peel, finely shredded
1 teaspoon snipped fresh rosemary
Additional finely shredded orange peel (optional)

Place the tenderloins in a resealable plastic bag set in a shallow dish.

For the marinade, in a medium bowl, whisk together the blackberry preserves, wine, vinegar, olive oil, mustard, garlic, soy sauce, orange peel and rosemary.

Pour the marinade over the pork. Seal the bag. Marinate in the refrigerator for 2 to 5 hours, turning the bag occasionally. Drain the pork, reserving the marinade.

Preheat the oven to 425 degrees.

Place the meat on a rack in a shallow roasting pan lined with foil. Roast for 35 to 45 minutes or until an instant-read thermometer registers 155 degrees. Cover with foil and let stand 10 minutes. (The meat's temperature will rise 5 degrees during standing.)

Meanwhile, in a small saucepan bring the reserved marinade to a boil.

Reduce the heat and simmer, uncovered, for 3 to 5 minutes or to the desired consistency.

Slice the pork diagonally. Serve with the sauce.

Garnish with additional orange peel, if desired.

Per Serving (excluding unknown items): 71 Calories; 7g Fat (86.3% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.