

## **Pork**

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# **Jerk Pork Tenderloin**

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**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 1 minute**

**1/2 teaspoon ground allspice**

**1/2 teaspoon dried thyme**

**1/2 teaspoon salt**

**1/2 teaspoon black pepper**

**3 tablespoons lime juice**

**2 tablespoons vegetable oil**

**4 cloves garlic, chopped**

**1/2 teaspoon hot sauce**

**1 (about 1 1/4 pound) pork tenderloin**

**8 thin slices (about 8 oz) prepared polenta**

**1 can (14 1/2 oz) stewed tomatoes**

**1 bag (6 oz) baby spinach blend (optional), steamed**

In a small bowl, combine the allspice, thyme, salt and pepper. Set aside 1/2 teaspoon. Stir into the remaining spices the lime juice, one tablespoon of the oil, the garlic and the hot sauce.

Place the pork in a resealable plastic bag and spoon in the lime-juice mixture. Shake to coat the pork with the mixture. Refrigerate for 6 to 8 hours.

Heat the remaining one tablespoon of oil in a large nonstick skillet over medium-high heat. Add the pork and cook for 12 to 14 minutes until the internal temperature reaches 140 degrees, turning so that all sides brown. Remove to a plate.

Heat a lightly greased stovetop grill pan and grill the polenta slices about 5 minutes, turning once.

Heat the stewed tomatoes and stir in the reserved 1/2 teaspoon of seasoning mix.

Slice the pork and serve over a bed of spinach, if desired, with the grilled polenta and stewed tomatoes.

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Per Serving (excluding unknown items): 226 Calories; 9g Fat (35.3% calories from fat); 15g Protein; 22g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 638mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.