

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Citrus and Soy Marinated Grilled Pork Tenderloin

From www.melskitchencafe.com

2-3 pounds pork tenderloin
¾ cup olive oil
1/3 cup soy sauce (We like to use Coconut Aminos which is a soy-free alternative to soy sauce.)
2 Tbsp Worcestershire sauce
1 Tbsp dry mustard
1 tsp salt
1 tsp black pepper
2 Tbsp red wine vinegar
1 Tsp dried parsley flakes
2 cloves garlic, finely minced
2 Tbsp freshly squeezed lemon juice (from about 1 lemon)

1. Combine all the ingredients except the pork and mix well. Pour the marinade into a Ziploc bag or baking dish and add the pork tenderloin, making sure the marinade completely covers the pork. Marinate for 8-10 hours.
2. Preheat an outdoor grill (charcoal or gas). Grill the pork tenderloin about 3-4 minutes on each of its four sides (the exact time will depend on the temperature of your grill) or until the internal temperature is about 150 to 155 degrees. Remove from the grill, tent with foil, and allow to rest 10 minutes before slicing and serving.