

Barbecue Pork Tenderloin

in under
10 Minutes!

Easy Pork Recipes

Jerk Pork Tenderloin Salad

This recipe, using the **Deep Covered Baker**, is a delicious variation of Jerk Chicken Salad from **Season's Best® Recipe Collection (Spring/Summer 2007)**.

- 1 pork tenderloin (about 1 pound)
- 1 tablespoon vegetable oil
- 2 tablespoons **Jamaican Jerk Rub**
- 1 medium pineapple
- 1 red bell pepper
- 3 green onions (white and light green parts only)
- 2 heads romaine lettuce
- 1 can (15 ounces) black beans, drained
- 6 slices bacon, cooked, drained and crumbled

Dressing

- 2 limes
- 1/3 cup reduced-fat mayonnaise
- 2 tablespoons pineapple preserves

1. On **Large Grooved Cutting Board**, trim fat and silver skin from pork tenderloin using **Utility Knife**. Brush pork with oil using **Chef's Silicone Basting Brush**. Place pork into **Deep Covered Baker**, tucking smaller end under to create a uniform thickness. Evenly rub pork with jerk rub.
2. Cover baker; microwave on HIGH 6-10 minutes, checking temperature at 6 minutes and then at every 2-minute interval or until **Pocket Thermometer** registers 150°F. Remove baker from microwave; let stand, covered, 10 minutes (temperature will rise to 160°F for medium doneness).
3. Meanwhile, peel pineapple and cut in half lengthwise with **Santoku Knife**; reserve half for another use. Cut remaining pineapple in half lengthwise and remove core. Slice crosswise into 1/4-inch slices. Heat **Grill Pan** over medium heat 5 minutes. Add pineapple to pan. Cook 1 minute on each side, turning once; remove from pan. Set pineapple aside.
4. Thinly slice bell pepper and green onions on **Cutting Board with Measure Cups** using Santoku Knife. Arrange 12 large lettuce leaves around **Simple Additions® Large Round Platter**. Chop remaining lettuce; set vegetables aside. Drain and rinse beans using **Strainer**; set aside.
5. For dressing, zest one lime using **Microplane® Adjustable Grater**. Juice both limes into **Small Batter Bowl** using **Citrus Press**. Add lime zest, mayonnaise and preserves to batter bowl; mix well.
6. Cut pork into thin slices. Layer chopped lettuce, beans, bell pepper, pork, pineapple, bacon and green onions over each lettuce leaf. Drizzle dressing over salad.

Yield: 6 servings

Nutrients per serving: Calories 350, Total Fat 19 g, Saturated Fat 5 g, Cholesterol 65 mg, Carbohydrate 24 g, Protein 22 g, Sodium 690 mg, Fiber 5 g

Variation: Jerk Pork Tenderloin and Pasta Salad: Prepare recipe as directed, omitting lettuce. Cook 1 pound rotini pasta according to package directions. Drain pasta and toss with 2 tablespoons vegetable oil. Add remaining ingredients; drizzle with dressing and toss gently.