

Barbecue Pork Tenderloin

in under
10 Minutes!

Easy Pork Recipes

Barbecue Pork Tenderloin

Our **Deep Covered Baker** allows you to cook a pork tenderloin in the microwave, giving you a head start on speedy sandwiches and salads.

- 1 pork tenderloin (about 1 pound)
- 1 tablespoon vegetable oil
- 2 tablespoons **Smoky Barbecue Rub**

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 barbecue 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. See the additional recipes for *Miniature Barbecue Pork Sandwiches* and *Barbecue Pork Salad* for ideas on using the *Barbecue Pork Tenderloin*.

Yield: 4 servings

Nutrients per serving: Calories 190, Total Fat 10 g, Saturated Fat 2.5 g, Cholesterol 75 mg, Carbohydrate 0 g, Protein 23 g, Sodium 300 mg, Fiber 0 g

Cook's Tip: This recipe can be doubled easily. Place two tenderloins in Deep Covered Baker; microwave on HIGH 8-12 minutes as directed above.

Here are two easy meals to make with the Barbecue Pork Tenderloin recipe.

Miniature Barbecue Pork Sandwiches

Cut 1 medium onion into ¼-inch-thick slices. Arrange onion slices over bottom of baker. Prepare pork as directed above; place over onion slices and microwave as directed. Cut pork into ¼-inch-thick slices. Arrange sliced pork evenly on 8 small rolls; top pork with onions. Spread about 1 teaspoon *Smoky Barbecue Sauce* over top half of each roll; top sandwiches and serve. An excellent topping for these sandwiches is *Onion-Cranberry Marmalade* from **The Pampered Chef® Cooking for Two & More**. For other unique flavors, substitute **Citrus & Basil Rub** or **Crushed Peppercorn & Garlic Rub** for barbecue rub.

Yield: 8 mini sandwiches

Nutrients per serving (1 mini sandwich): Calories 200, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrate 20 g, Protein 15 g, Sodium 380 mg, Fiber 1 g



Barbecue Pork Salad

Prepare pork as directed. For dressing, combine ¼ cup ranch salad dressing and 1 teaspoon Smoky Barbecue Rub. Cut pork into strips. Thinly slice half of a medium red onion. In **Simple Additions® Dots Large Round Bowl**, combine 1 package (7 ounces) iceberg lettuce salad mix and 2 cups cole slaw mix; top with onion, 1 cup thawed frozen corn and pork. Drizzle with dressing.

Yield: 4 servings

Nutrients per serving: Calories 320, Total Fat 18 g, Saturated Fat 3.5 g, Cholesterol 80 mg, Carbohydrate 15 g, Protein 26 g, Sodium 500 mg, Fiber 3 g



Here are other flavor variations which use the pork tenderloin cooked in the Deep Covered Baker.

1. *Jerk Pork Tenderloin with Rice*: Slice 1 medium red bell pepper into thin strips, arrange evenly over bottom of baker. Prepare pork as directed, substituting **Jamaican Jerk Rub** for the barbecue rub. Slice pork; serve over rice. Sprinkle with sliced green onions.
2. *Southwest Pork Fajitas*: Slice 1 medium onion and 1 medium green bell pepper; arrange evenly over bottom of baker. Add 1 pressed garlic clove to baker. Prepare pork as directed, substituting **Southwestern Seasoning Mix** for barbecue rub. Slice pork into strips, return to baker and toss with onion and pepper. Serve with warm tortillas. Garnish with shredded cheese, salsa, sour cream and guacamole, if desired.