



IN

*The Villages*<sup>®</sup>

*America's Healthiest Hometown*

## **Grilled Pork Tenderloin with Asian Sauce**

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Yields:** 4 servings

**Serving Size:** 3 oz pork

### **Ingredients:**

- 1 (2 lb) unseasoned pork tenderloin
- ½ Tbsp garlic, minced or pressed (about 1 clove)
- 2 Tbsp fresh ginger, minced (or 1 tsp ground)
- 1 Tbsp fish sauce
- 1 Tbsp lite soy sauce
- ½ Tbsp granulated sugar
- 1 Tbsp sesame oil (optional)

### **Directions:**

1. Preheat grill or oven broiler (with rack 3 inches from heat source) on high temperature.
2. Remove visible fat from tenderloin and discard. Set tenderloin aside.
3. Combine garlic, ginger, fish sauce, soy sauce, sugar, and sesame oil (optional) in small dish. Stir marinade until sugar dissolves.
4. Brush tenderloins with marinade or pour one-third of the marinade evenly over the pork. Place in oven or grill with lid closed.

5. Every 5 minutes, turn over the tenderloin and add 1 Tbsp of additional marinade, until meat is fully cooked (to a minimum internal temperature of 160°F).
6. Let stand for 5 minutes.
7. Cut 12 slices, each about 1 inch thick. Serve three slices (about 3 oz cooked weight) per serving.

Tip: Delicious with steamed spinach and rice or Asian-style noodles (soba or udon).

**Nutritional Information:**

Calories: 188

Total fat: 8 g

Saturated fat: 3 g

Cholesterol: 80 mg

Sodium: 246 mg

Total fiber: 0 g

Protein: 26 g

Carbohydrates: 1 g

Potassium: 390 mg

*Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute*