Adobo-Marinated Pork Tenderloin

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 8

Nutrition Information Per Serving

158.5 calories, 4.21 g carbohydrate, 0.57 g fiber, 3.64 g NET carbs, 23.63 g protein, 5.09 g fat

Ingredients

- 6 clove(s) organic garlic, crushed
- 1 cup fresh organic lime juice (about 8 limes)
- 1 1/2 tsp(s) sea salt
- 32 ounce(s) pasture-raised pork tenderloin
- 2 tsp(s) black pepper
- 1 1/2 tsp(s) organic extra virgin olive oil
- 2 tsp(s) dried oregano
- 2 tsp(s) ground cumin
- 1/4 cup(s) fresh cilantro, coarsely chopped
- 2 tbsp(s) organic green onions

Preparation

1. Combine lime juice, black pepper, oregano, cumin, sea salt and garlic in a 2-quart baking dish.
2. Trim fat from pork.
3. Place pork in dish, turning to coat; cover and marinate in refrigerator 20 minutes or up to 1 hour, turning pork occasionally.
4. Remove pork from dish. Discard marinade. Brush pork with oil.
5. Cook pork. Place on a grill rack coated with cooking spray; grill 25 minutes or until thermometer registers 160° (slightly pink).
6. Let rest 5 minutes; cut into 1/4-inch-thick slices.
7. Sprinkle with cilantro and green onions and serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.