Cuban Marinated Pork Loin

Recipe by: Chef Jonathan Poyourow, RD, LD, MA
Yield: 6-8 servings

Ingredients

½ cup olive oil
8 garlic cloves, minced
2 tablespoons orange zest
½ cup fresh orange juice
½ cup fresh cilantro, minced
¼ cup fresh mint, minced
2 teaspoons dried oregano
2 teaspoons ground cumin
Sea salt and freshly ground black pepper, to taste
2 pork tenderloins

Method of Preparation

1. In a small bowl, whisk olive oil, garlic, orange zest, orange juice, cilantro, mint, oregano, cumin, salt and pepper to taste.
2. Place pork into a large container and pour the marinade on top.
3. Marinate in the refrigerator 2-12 hours.
4. When ready to grill, pour marinade into a saucepan and boil for at least two minutes; set aside.
5. Preheat grill to medium-high heat.
6. Remove pork from marinade and let sit at room temperature.
7. Grill pork five minutes per side, brushing with the remaining marinade after turning.
8. Cook until pork reaches no less than an internal temperature of 145 degrees.
9. Let rest 4-5 minutes before carving.

Nutritional Analysis:
Calories: 300
Carbohydrates: 1 g
Sodium: 140 mg
Protein: 54 g
Total Fat: 8 g
Saturated Fat: 2 g
Fiber: 0 g

Recipe ©Johnson & Wales University 2018. All rights reserved.
Learn more at jwu.edu/eat-healthy
03.26.18 "High Protein Dinners"
Photo: Johnson & Wales University

JOHNSON & WALES UNIVERSITY IS CHANGING THE WAY THE WORLD EATS®