

Spicy Grilled Pork Tenderloins with Blackberry Sauce

Ingredients

- 1 Tbsp olive oil
- 4 (5 oz) pork tenderloins, grilled
- 1/2 tsp Caribbean jerk seasoning
- 1 tsp salt
- 2/3 cup blackberry preserves, seedless
- 1/4 cup Dijon mustard
- 2 Tbsp rum or orange juice
- 1 Tbsp orange zest
- 1 Tbsp ginger, fresh, grated



Lightly seasoned pork tenderloins topped with a blackberry sauce with a twist.

Directions

Preheat grill to 350 or 400 degrees (medium-high) heat. Remove silver skin from tenderloins, leaving a thin layer of fat. Brush tenderloins with oil and rub with seasoning and salt. Grill tenderloins, covered with grill lid for 10 minutes on each side or until meat thermometer inserted into thickest portion registers 155 degrees. Remove from grill and let stand for 10 minutes.

Meanwhile, whisk together blackberry preserves and the next 4 ingredients (mustard, rum/orange juice, orange zest, ginger) in a small saucepan.

Cook over low heat, whisking constantly, for 5 minutes or until thoroughly heated. Cut pork diagonally into thin slices and arrange on a serving platter. Drizzle with warm sauce.

Yield 6-8 servings

Nutritional Information

Calories 194, Fat 5g, Carbohydrates 12g, Cholesterol 74mg, Sodium 361mg, Protein 25g