

## Blueberry Salsa Pork Tenderloin



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor

10" Electric Oil Core Skillet

12" Electric Oil Core Skillet

large mixing bowl

Blender

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### Recipe Description:

As the outstanding combination of tastes blend together for a unique medley of flavors this recipe will summon raves from your family or guests! It will look like you've slaved for hours over this lovely gourmet meal but it's easy - and the cleanup with the EOC is easy too. Prepare for a standing ovation.

Marinade and pork

1

cup

fresh blueberries

(148

g)

<sup>3</sup>?<sub>4</sub>

cup

dark rum

(180

mL)

<sup>1</sup>?<sub>4</sub>

cup

lemon juice  
(60  
mL)  
2  
cloves  
garlic, minced  
2  
tablespoons  
brown sugar  
(30  
mL)  
1  
tablespoon  
sweet onion, strung, use Cone #2  
(10  
g)  
1  
tablespoon  
white vinegar  
(15  
mL)  
1 <sup>1</sup>/<sub>4</sub>  
pound  
pork tenderloin  
(680  
g)

### **Blueberry Salsa**

2  
cups  
fresh blueberries, coarsely chopped  
(296  
g)  
1  
cup  
fresh blueberries, whole  
(148  
g)  
<sup>1</sup>/<sub>4</sub>  
cup  
lemon juice  
(60  
mL)  
3  
tablespoons  
fresh cilantro, chopped  
(45  
mL)  
2  
tablespoons

green chilies, diced  
(17  
g)  
?<sub>3</sub>  
cup  
red bell pepper, diced  
(50  
g)  
?<sub>4</sub>  
cup  
onion, chopped  
(40  
g)  
?<sub>2</sub>  
teaspoon  
kosher salt  
(2.5  
mL)

### **Directions:**

1. Place all 7 marinade ingredients in food processor and blend until smooth.
2. Pour marinade into large zip-lock bag or covered container. Add pork. Roll pork to coat.
3. Chill for at least 4 hours. Can marinade up to 24 hours in advance.

### **Blueberry Salsa**

1. Stir together all ingredients in large bowl.
2. Cover and chill until ready to serve. Can make a day prior to serving.

### **Cooking and Assembly**

1. Preheat electric skillet to 350°F/177°C.
2. Remove pork from marinade, saving marinade for later, and place meat into electric skillet. Sear, uncovered for approximately 5 minutes. Meat should be well browned and will loosen from the bottom of the skillet. Turn and brown second side, approximately 5 minutes. Turn and brown third side, approximately 5 minutes. Turn to remaining side, cover, reduce heat to 300°F/149°C and cook for 10 minutes.
3. Pour saved marinade over meat, recover, reduce heat to 300°F/163°C and cook approximately 5 more minutes or until temperature of the interior of the meat is 145°F/63°C.
4. Remove meat from pan to a cutting board and allow meat to

rest 10 minutes before carving. Cut meat on a diagonal, place on plate and cover with Blueberry Salsa.

**Tips:**

- Serve on saffron rice. Follow instructions according to package. Or to make your own use the following instructions:  
2 2/3 cup cold water (649 mL) 1 1/2 cup long grain rice (278)  
1 1/2 teaspoon salt (7.5 mL) 1/4 teaspoon saffron (1.25 mL)  
In a 3 quart sauce pan combine water, rice, salt and saffron. Cover and bring to a boil. When Vapo Valve? sounds reduce heat to medium-low and simmer for 15 minutes. Remove from heat. Let stand, covered for 10 minutes. Makes 6 servings.

Nutritional Information per Serving

Pork and Marinade

**Calories:**

338

**Total Fat:**

9g

**Saturated Fat:**

3g

**Cholesterol:**

107mg

**Sodium:**

76mg

**Total Carbs:**

12g

**Dietary Fiber:**

1g

**Sugar:**

8g

**Protein:**

34g

Blueberry Salsa

**Calories:**

49

**Fat:**

0g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

171mg

**Carbohydrate:**

13g

**Fiber:**

2g

**Sugar:**

8g

**Protein:**

1g