

Smoky Pork Tenderloin with Grilled Pineapple Salsa



Makes:

4 servings

Utensil:

Smokeless Broiler
large mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Pork tenderloin cooks quickly and is so easy to prepare with the Smokeless Broiler. Serve pork sliced thin and topped with salsa as is, with rice, other grains or on top of grilled crusty bread for a hearty sandwich. Cook pork tenderloin perfectly by checking the internal temperature with a probe thermometer. Remove meat when internal temperature reaches 140°F/60°C. Place on a platter, cover with aluminum foil, and let rest 10 minutes before slicing for a moist and juicy meat.

Saladmaster seasoning blends are *limited edition*.

1 pound
pork tenderloin, trimmed
(454
g)

1 tablespoon
Cherrywood Smoked Chipotle seasoning blend
(9
g)

1 fresh pineapple, peeled, core removed and sliced into ½-
inch rounds
¼ cup
red onions, minced

(40 g)
 1 jalapeño pepper, minced (remove some of the seeds to reduce the spice)
 1 sweet red bell pepper, seeds removed and minced
 ½ teaspoon cumin
 (1 g)
 ½ teaspoon sea salt
 (3 g)
 2 tablespoons lime juice
 (30 ml)
 2 tablespoons olive oil
 (30 ml)
 1 handful of fresh cilantro leaves, chopped

Directions:

1. Trim pork tenderloin of any excess fat and silver skin. Place tenderloin on a platter and sprinkle seasoning blend on all sides of tenderloin, rubbing seasoning in. Cover and allow meat to marinate while preparing pineapple salsa.
2. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
3. Plug in cord to electrical outlet and preheat for about 5 minutes.
4. Grill pineapple for 20 - 30 minutes until it is softened and browned on both sides.
5. Remove pineapple from grill rack. When it is cool enough to handle, dice into medium size pieces.
6. Place grilled pineapple, red onions, jalapeños, sweet peppers, cumin, salt, lime and olive oil in a bowl, and stir to combine. Add chopped cilantro and toss gently.
7. Cook tenderloin for 18 - 20 minutes. turning every 5 minutes or so until browned on all sides. Cook until internal temperature reaches 140°F/60°C. Remove and let rest for 10 minutes before slicing. Slice pork tenderloin and serve warm with grilled pineapple salsa.

Tips:

- Substitute cilantro for parsley or Thai basil.

Nutritional Information per

▼ Serving

Calories: 316
Total Fat: 10g
Saturated Fat: 2g
Cholesterol: 74mg
Sodium: 303mg
Total 34g
Carbs:
Dietary Fiber: 4g
Sugar: 24g
Protein: 26g