

Grilled Pork Tenderloin

Pork Tenderloins
Olive Oil
Garlic Powder
Onion Powder
Kosher Salt
Italian Seasoning

1. Preheat grill.
2. Place tenderloin in a dish and coat well with enough olive oil.
3. Liberally sprinkle each of the remaining ingredients over the tenderloin.
4. Grill turning often until done, internal temperature should be about 160°F.



Pork tenderloins usually come 2 per package. Hopefully you will have leftovers. They are great in salads or on sandwiches over the next few days. Pork is the other white meat meaning that it is lower in fat and is better for you compared to beef.

In the old days commercial pork was raised on slop, which were scraps from the kitchen so trichinosis was often found in pork products if the meat was not cooked well enough. However, new regulations have put a stop to this and in doing so have pretty much put an end to trichinosis in pork. Cooking meat to 160°F will still have some pink, which will make the pork juicy. If the pork is contaminated, cooking it to 137°F will kill any trichinosis. Trichinosis is caused by little parasitic worms that get into the muscles including the diaphragm and can be fatal if not treated.

Be creative, have fun and enjoy!!!