

Healthy Marinades for Healthy Grilling:

Argentinian Pork

This marinade is an olive oil herb mixture that gives the grilled meat a refreshing flavour. This is a versatile marinade that can be used for other proteins and even BBQ side dishes!

Yields 4 servings

Ingredients:

- 6 tablespoons olive oil, divided
- 1 cup fresh parsley leaves, divided
- 2/3 cup fresh cilantro leaves, divided
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 1 (1-pound) pork tenderloin, trimmed
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- Cooking spray
- 1 tablespoon fresh oregano leaves
- 1 tablespoon fresh lemon juice
- 1 tablespoon sherry vinegar
- 2 garlic cloves, chopped
- 1 shallot, chopped



TIP! Swap pork for lighter proteins such as poultry, fish or even extra firm tofu to cut down on the fat.

Nutritional Information (per serving):

Calories: 319
Total Fat: 23g
Sat. Fat: 3.6g
Carbs: 2.9g
Fiber: 0.7g
Protein: 24.5g

Preparation:

1. Combine 2 tablespoons oil, 1/4 cup parsley, 1/3 cup cilantro, cumin, and red pepper in a shallow dish. Add pork. Cover with plastic wrap, and refrigerate 1 hour, turning once.
2. Preheat grill to medium-high.
3. Sprinkle pork with 1/2 teaspoon salt and black pepper. Place pork on a grill rack coated with cooking spray, and grill for 8 minutes. Turn pork over, and grill 7 minutes or until a thermometer registers 145°. Remove pork from grill. Let stand for 5 minutes. Slice pork crosswise.
4. Combine 3/4 cup parsley, 1/3 cup cilantro, 1/4 teaspoon salt, oregano, and remaining ingredients in a food processor; pulse 10 times. Drizzle 1/4 cup olive oil through food chute with food processor on. Serve with pork.

Source:
<http://www.cookinglight.com>