

Grilled Pork Tenderloin with Sweet & Sour Rhubarb Chutney

Total: 50 mins

Active: 30 mins

Servings: 4



For this healthy grilled pork tenderloin recipe, we've paired the meat with a zesty sweet and sour rhubarb chutney for a classic flavor combo. Add a big green salad and grill-roasted potatoes for a quick and elegant dinner.

Jill Vedaa

Ingredients

1 tablespoon extra-virgin olive oil
½ cup finely diced yellow onion
¼ teaspoon kosher salt
1 clove garlic, minced
2 teaspoons grated fresh ginger
2 cups thinly sliced rhubarb, fresh or frozen (thawed)
1 tablespoon rice vinegar
3 tablespoons honey
1 tablespoon brown sugar
½ teaspoon granulated garlic
¼ teaspoon smoked salt
1 pound pork tenderloin, trimmed

Directions

Preheat grill to medium.

Heat oil in a medium saucepan over medium heat. Add onion and kosher salt; cook, stirring occasionally, until soft but not brown, about 3 minutes. Add minced garlic and ginger; cook, stirring occasionally, for 1 minute. Add rhubarb and cook, stirring occasionally, until it is mostly broken down, about 5 minutes. Stir in vinegar, scraping up any browned bits. Add honey and reduce heat to maintain a simmer. Cook, stirring occasionally, until the chutney is thickened, 2 to 6 minutes. Remove from heat and cover to keep warm.

Combine brown sugar, granulated garlic and smoked salt in a small bowl. Sprinkle evenly over pork.

Oil the grill rack. Grill the pork, turning occasionally, until an instant-read thermometer inserted into the thickest part registers 145 degrees F, 12 to 18 minutes. Transfer to a clean cutting board and let rest for 5 minutes. Slice the pork and serve with the rhubarb chutney.

Tips

To make ahead: Refrigerate chutney (Step 2) for up to 3 days.

Nutrition Facts

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Serving Size: 3 ounces pork with 1/4 cup chutney

Per Serving: 239 calories; protein 24.7g; carbohydrates 21.5g; dietary fiber 1.5g; sugars 17.8g; fat 6.1g; saturated fat 1.3g; cholesterol 73.7mg; vitamin a iu 58.4IU; vitamin c 6.4mg; folate 8.3mcg; calcium 64.9mg; iron 1.4mg; magnesium 40.7mg; potassium 669.7mg; sodium 330.5mg; added sugar 16.3g.

Exchanges: 3 lean protein, 1 other carbohydrate, 1 vegetable, 1/2 fat

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