

Dinner

# Greek Grilled Pork Tenderloin

**10 Mins**  
Prep Time

**30-35 Mins**  
Cook Time

**4-6**  
Servings

**309 Calories** **18g Fat** **2g Carbs** **33g Protein**



## Ingredients

**4-6 Servings** • **4 oz Serving Size** **45 Mins Total Time** **Allergens: None**

**1½ lbs. Pork Tenderloin** – **Do not rinse raw meat**

**¼ Cup Extra Virgin Olive Oil** + more for grill grates

**¼ Cup Lemon Juice**, **gently rub lemon under cold running water before juicing**

**½ Tsp Salt**

**¼ Tsp Pepper**

**1 Tsp Garlic Powder**

**1½ Tbsp Dried Oregano**

### Nourishment Note



#### **Pork Tenderloin**

Pork tenderloin is a high-quality, lean protein source. Protein needs may be elevated for those with HIV.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Whisk Ingredients Together

To a small bowl, add the olive oil, lemon juice, salt, pepper, garlic powder and dried oregano. Whisk until well combined.

### 3. Marinate

Pour marinade into a zip-top bag. Add pork tenderloin and squeeze out extra air. **Wash hands after touching raw meat.** Allow pork to marinate for at least 2 hours or up to overnight.

### 4. Heat and Prepare Grill

When ready to prepare meat, oil grill grates and heat grill, or grill pan, over medium-high heat.

### 5. Grill

Grill tenderloin for approximately 30 minutes, turning slightly every 5 minutes. **Do not reuse marinades used on raw foods.**

### 6. Check Temperature

Remove meat from grill and allow to rest for 5 minutes. **Ensure pork has reached an internal temperature of at least 145°F on a meat thermometer before serving.** Slice and enjoy!

### 7. Clean Up

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Small Bowl



Whisk



Zip-Top Bag



Grill or Grill Pan



Tongs



Meat Thermometer

### Fatigue Buster

**Lemon Juice:** Use bottled lemon juice instead of fresh squeezed.

**Roast:** If turning the meat on the grill is too labor intensive, roast at 375°F for approximately 40 minutes or until internal temperature reaches 145° on a meat thermometer.