

Spicy Grilled Pork Tenderloins

Southern Living Best Barbecue Recipes - June 2011

Servings: 6

Preparation Time: 5 minutes

Grill Time: 20 minutes

2 pounds pork tenderloins

1 tablespoon olive oil

1 1/2 tablespoons caribbean jerk seasoning

Preheat the grill to 350 to 400 degrees (medium-high) heat.

Remove the silver skin from the tenderloins, leaving a thin layer of fat.

Brush the tenderloins with olive oil and rub evenly with the seasoning.

Grill the pork, covered with the grill lid, for 10 minutes on each side or until a meat thermometer inserted into the center of the thickest portion registers 155 degrees.

Remove from the grill and let stand 10 minutes before slicing.

Per Serving (excluding unknown items): 20 Calories; 2g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fat.