

Coffee Rubbed Pork Tenderloin with Lentil Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the salad:

1 cup dried green lentils
 2 garlic cloves, finely chopped
 ¼ cup red pepper, diced
 ¼ cup celery, diced
 ¼ cup carrot, diced
 3 tablespoons balsamic vinegar
 2 teaspoons Dijon mustard
 1 teaspoon dill
 ½ cup olive oil
 Kosher salt and black pepper, to season

For the pork:

2 tablespoons dark brown sugar
 1 ½ tablespoons instant espresso powder
 ½ teaspoon cocoa powder
 1 tablespoon Kosher salt
 2 teaspoons smoked paprika
 1 teaspoon chili powder
 ½ teaspoon ground coriander
 2 (1 pound) pork tenderloins
 ½ teaspoon oil (vegetable, olive, or canola)
 1 teaspoon fresh oregano, chopped
 2 medium firm red apples, sliced
 1 medium white onion, sliced



Method of Preparation:

For the salad:

1. Bring 4 cups of water to a boil in a 2-quart saucepan with lentils, reduce heat and simmer, uncovered for about 20 minutes. Drain and transfer to a large bowl.
2. In a medium skillet over medium heat, sauté the garlic, red pepper, celery and carrot until translucent and tender.
3. In a small bowl, combine balsamic vinegar, Dijon mustard, dill, salt and pepper. Whisk in olive oil until emulsified and smooth.
4. Add the dressing and the chopped vegetables to the lentils. Mix until combined.

For the pork:

1. Heat a grill to medium, 350 degrees.
2. Mix the brown sugar, espresso powder, cocoa powder, kosher salt, paprika, chili powder and coriander in a small bowl for the rub.
3. Trim the pork of silver skin and extra unwanted fat and pat with a paper towel to ensure the rub sticks. Coat tenderloin with oil then the rub. Set aside for at least 30 minutes or cover and refrigerate up to 24 hours.

4. To cook, if tenderloins were refrigerated, be sure to bring back to room temperature then begin. Place the tenderloin on the grill, cover and cook on each side for about 5 minutes until brown and thermometer reads about 150 degrees. Allow to rest and cut in to ½ inch thick slices.
5. Serve with lentil salad.

Nutritional Analysis:

Pork tenderloin

Calories: 289

Carbohydrates: 12 g

Sodium: 1,992 mg

Protein: 47 g

Fat: 5 g

Fiber: 1 g

Pesto bread

Calories: 420

Carbohydrates: 29 g

Sodium: 84 mg

Protein: 10 g

Fat: 29 g

Fiber: 8 g