

Grilled Pork Medallions and Quinoa Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the pork:

12 ounces pork tenderloin

¼ teaspoon salt

¾ teaspoon freshly ground black pepper

¼ teaspoon garlic powder

For the quinoa:

1 cup cooked quinoa

2 cups water

For the salad:

4 cups arugula

1 red onion, cut in half and thinly sliced

1 cucumber cut in half and thinly sliced

2 tablespoons pine nuts

1 large avocado

6 ounces goat cheese

1 cup pomegranate seeds

4 tablespoons balsamic vinegar

2 tablespoons olive oil



Method of Preparation:

For the pork medallions:

1. Prepare grill to medium-high heat.
2. Season pork tenderloin with the salt, pepper and garlic powder on all sides. Place on the grill and grill until pork hits an internal temperature of 145 degrees.
3. Let the pork rest for 5 minutes before slicing into ½ inch thick pieces.

For the quinoa

1. First, rinse the quinoa in a fine mesh colander under running water for a minute or two. In a medium-sized pot, combine the rinsed quinoa and 2 cups water.
2. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.

To assemble:

1. In your serving bowl mix together the cooked/cooled quinoa, salad greens and remaining items.
2. Drizzle the dressing (balsamic vinegar/olive oil) over the salad and toss to coat. Taste and mix in additional salt, pepper and/or olive oil if necessary.
3. Once the salad is complete top with the sliced pork and serve.

Nutritional Analysis:

Calories: 502

Carbohydrates: 31g

Sodium: 440mg

Protein: 30g

Fat: 29g

Fiber: 8g