



Chipotle-Marinated Pork Tenderloin

1 canned chipotle chile in adobo plus 1 teaspoon adobo sauce (see Cook Tips)
1 clove garlic, minced
1/2 cup orange juice
3 tablespoons lime juice
1 tablespoon red-wine vinegar
1 teaspoon dried oregano
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
8 ounces pork tenderloin, trimmed of fat

Combine chipotle and sauce, garlic, orange juice, lime juice, vinegar, oregano, cumin, salt and pepper in a blender or mini food processor; blend or process until the chipotle is chopped and the mixture is relatively smooth. Pour into a sealable plastic bag, add pork and seal, squeezing out any excess air from the bag. Turn to coat with the marinade. Refrigerate at least 1 hour and up to 8 hours.

Preheat grill to high or heat a large indoor grill pan over high heat. Remove the pork from the marinade (discard marinade). Grill the pork, turning occasionally, until an instant-read thermometer inserted diagonally into the center of the meat registers 145° F, 12 to 15 minutes. Transfer the pork to a cutting board and let rest for 5 minutes before slicing.

Nutritional Analysis

Calories	129
Fat	3g
Saturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	62mg
Sodium	168mg
Carbohydrates	2g
Dietary Fiber	22g
Protein	11g
Potassium	382mg

Diabetic Exchanges:

3 very lean meat