



Brined Pork Tenderloin with Plum and Jicama Relish

Ingredients:

- 8 cups cold water
- ½ cup kosher salt
- 2 (1-pound) pork tenderloins, trimmed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon freshly ground black pepper, divided
- 1 ½ cups diced plums (¾ pound)
- ¾ cup finely chopped peeled jicama
- ½ cup finely chopped red onion
- 2 teaspoons grated lime rind
- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 1/8 teaspoon kosher salt
- 1 serrano chile, seeded and chopped
- Parsley sprigs (optional)

Directions:

- Combine 8 cups cold water and 1/2 cup salt in a 13 x 9-inch glass or ceramic baking dish, stirring until salt dissolves. Add pork to brine; let stand at room temperature 1 hour.
- Prepare grill to medium-high heat.
- Drain pork; pat dry. Brush pork with oil; sprinkle with 1/4 teaspoon pepper. Place pork on grill rack; grill 15 minutes or until a thermometer registers 155° (slightly pink), turning pork occasionally. Remove pork from grill; let stand 5 minutes. Cut across the grain into 1/2-inch-thick slices.
- Combine remaining 1/4 teaspoon pepper, plums, and next 7 ingredients (through chile); toss gently to combine. Serve relish with pork. Garnish with parsley sprigs, if desired.

Yield: 8 servings (serving size: 3 ounces pork and about 1/4 cup relish)

Nutritional Information: Calories 221 ; Fat 8.4g (sat 2.7g, mono 4g, poly 0.8g); Cholesterol 78mg; Calcium 10mg; Carbohydrate 10g; Sodium 792mg; Protein 25.2g; Fiber 1.4g; Iron 1.4mg

Recipe Source: Cooking Light, JUNE 2010

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.