

# Barbecued Pork Tenderloin

Recipe by C-

Adapted from Cooking Light 5/03

This recipe makes: ten 2 unit portions of protein - 2 oz. OR  
This recipe makes: eight 3 unit portions of protein - 3 oz. OR  
This recipe makes: six 4 unit portions of protein - 4 oz. OR  
This recipe makes: four 5 unit portions of protein - 5 oz.

## Ingredients:

### **Marinade:**

1/2 cup strong brewed coffee  
2 Tbsp. Cider Vinegar  
1 Tbsp. Spicy Brown Mustard  
1 Tbsp. Splenda Brown Sugar

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2 pound trimmed Pork Tenderloin  
1/4 cup finely ground coffee  
1 Tbsp. Granulated Splenda  
2 Tbsp. Paprika  
2 Tbsp. coarsely ground Black Pepper  
1 1/2 tsp. Kosher or Sea Salt  
1/4 cup Catsup  
1 Tbsp. Ground Mustard  
Canola Oil Cooking Spray

## Directions:

**Step 1:** Combine the Marinade ingredients in a large zip-lock bag; add pork. Seal and marinate in the refrigerator for 2 hrs. or over-night, turning bag occasionally. Remove pork and discard marinade.

**Step 2:** Spray the grill with Canola oil, then turn on your grill to high heat.

**Step 3:** Combine the coffee grounds and next 4 ingredients (thru salt); rub over pork. Let stand at room temperature for about 15 minutes.

**Step 4:** Combine the Catsup and mustard in a small bowl and set aside.

**Step 5:** Place the pork on the heated grill. Make grill marks on all sides of the pork. Turn the heat down to medium and grill (lid open) for about 15 minutes, turning the pork periodically. Baste with the Catsup mixture; grill 5 more minutes with the lid closed or until thermometer registers 160° (slightly pink).

Step 5: Remove the pork to a cutting board, tent with foil and allow to sit for 5 minutes. Cut and weigh out your portion.

