



**BRAIN HEALTHY
COOKING**

Entrée

Lemon Garlic Pork Tenderloin



Ingredients

2 clove Garlic, peeled and grated
2 TSP Olive Oil
1 TSP Lemon Zest
1 TSP Fresh Rosemary, chopped
1 TSP Spice of Life
¼ TSP Ground Pepper
1 LB Pork Tenderloin

Makes 2 Servings

Directions

1. Combine garlic, oil, zest, rosemary, Spice of Life in a shallow baking dish. Add pork, turn to coat in the marinade, cover and refrigerate 1 to 4 hours.
2. Preheat grill to medium-high heat. Soak a paper towel with oil and set near grill with tongs.
3. Just before grilling, hold the oil-soaked towel with tongs. Drag gently along grill grates, pulling toward you. Immediately place pork on oiled grill. Cook, turning, every 3 to 4 minutes, until an instant read thermometer inserted into the center of the pork registers 138°F, 13 to 17 minutes.
4. Let pork rest on a carving board tented with foil, at least 5 minutes (*note, pork should rise above 145 degrees as it rests.*). Slice cross-wise into ½-inch slices and serve.