

PORK TENDERLOIN WITH MEXICAN DRY RUB

1 pound pork tenderloin
1 tablespoon chili powder
1 teaspoon brown sugar
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/4 to 1/2 teaspoon
ground red pepper
1/4 teaspoon salt

Preheat oven to 425 degrees F. or
prepare grill for medium-high heat.

In a small bowl, stir together the spices.
Reserve half of spice mixture for another
use in a reclosable bag or container. Rub
remaining spice mixture evenly over pork
tenderloin, coating the entire surface. Cook pork
for approximately 20 minutes, until internal temperature
as measured on an instant-read thermometer is 160 degrees F.

Nutrition Facts per 3 ounce serving:

Calories: 120, Total Fat: 3 g, Saturated Fat: 1 g, Protein: 20 g, Carbohydrates: 2 g, Sodium: 340 mg



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