



"I love the combination of spicy & sweet.  
This tenderloin recipe perfects the two!"

In the Kitchen  
with Marianne!

Fire Up  
The Grill

Prep Time: 30 Minutes • Grill Time: 20 Minutes

This Month's  
Featured Recipe....

## Spicy Island Grilled Pork Tenderloin

**INGREDIENTS:** 2 lbs. boneless pork tenderloin • 2-3 tbs. olive oil • My Special B.B.Q. Spice Rub

**INSTRUCTIONS:**

Brush the meat with the oil and sprinkle "the rub" all over the meat. Heat up the grill to medium hot and cook the tenderloin until a meat thermometer reaches 160 degrees (about 8 -10 minutes on each side) **DO NOT OVERCOOK!** Remove from grill and let stand for 10 minutes. Serve with fresh pineapple salsa.

**For the Pineapple Salsa mix the following:**

1/2 to 1 whole jalapeño seeded & minced, juice from 1 fresh lime  
1/2 fresh pineapple chopped with it's juice (when I'm in a hurry  
I use canned), 1 clove of garlic minced, 1 small white onion  
chopped, 1/2 cup fresh cilantro chopped (or more to taste).

