

# Apricot-Orange Grilled Tenderloin Recipe

WebMD Recipe from the WebMD Weight Loss Clinic

You can have your pork tenderloin marinating in the apricot-orange glaze the night before your barbecue. Instead of coating the outside of each tenderloin with a tablespoon of oil and then brushing it with the glaze as it grills, we're marinating it directly in the glaze.

## Ingredients

### GLAZE

- 1 cup apricot jam (apricot-pineapple can also be used)
- 1/4 cup Dijon mustard
- 1/4 cup fresh orange juice
- 1/2 teaspoon freshly ground black pepper

### TENDERLOIN

- 2 pork tenderloins, about 1.25 pounds each

## Preparation:

1. Add glaze ingredients to a medium bowl and whisk until blended. Reserve a couple of tablespoons of glaze to serve with cooked pork. Keep this in the refrigerator until pork is served.
2. Cover tenderloins well with remaining glaze in a large plastic container. Cover the container and refrigerate for a few hours or overnight, turning once or twice.
3. To cook the pork, get your barbecue going if using coals. When the coals are hot, cook the tenderloins over direct heat about 2 minutes, then flip over for 2 more minutes. Reposition the pork for indirect heat, cover the grill, and continue to cook about 30 minutes longer.
4. Let meat rest for 10 minutes, then cut into 1/2-inch thick slices and arrange on a serving platter along with a small dish of the reserved glaze.

## Yield:

8 servings

## Nutritional Information:

Per serving (with one-fourth of the glaze being eaten): 200 calories, 31 g protein, 7 g carbohydrate, 5 g fat, 1.8 g saturated fat, 2 g monounsaturated fat, 0.5 g polyunsaturated fat, 85 mg cholesterol, 0.1 g fiber, 112 mg sodium. Calories from fat: 24%.