

## Grilled Caribbean Pork Tenderloin

A peppery spice rub takes grilled pork tenderloin to the Caribbean. A citrus and cilantro fruit combo seals in the tropics.

### Fruit

- 2 cups cut-up assorted fresh fruit
- 1 tablespoon chopped fresh cilantro
- 1 to 2 teaspoons lime juice

### Spice Rub

- 4 teaspoons ground nutmeg
- 4 teaspoons ground cumin
- 4 teaspoons garlic salt
- 3 teaspoons ground cinnamon
- 1/4 to 1/2 teaspoon ground red pepper (cayenne)

### Pork

- 1 pork tenderloin (1 1/4 pounds)
- 1 Mix all fruit ingredients. Cover and refrigerate until serving.
- 2 Mix all Spice Rub ingredients. Place pork in heavy-duty resealable food-storage plastic bag. Sprinkle with Spice Rub. Turn bag several times to coat pork. Seal bag; refrigerate 15 minutes.
- 3 Heat coals or gas grill for direct heat. Remove pork from bag. Cover and grill pork 4 to 6 inches from medium heat 15 to 20 minutes, turning frequently, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Serve with fruit mixture.

**Per Serving:** Calories 305 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g, Trans Fat ncg); Cholesterol 125mg; Sodium 820mg; Total Carbohydrate 13g (Dietary Fiber 2g, Sugars ncg); Protein 45g

**Percent Daily Value\*:** Vitamin A 14%; Vitamin C 18%; Calcium 4%; Iron 18%

**Exchanges:** 1 Fruit; 0 Other Carbohydrate; 0 Vegetable; 6 Lean Meat; 1 Fat

**Carbohydrate Choices:** 1

\*Percent Daily Values are based on a 2,000-calorie diet.

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