



tuesday

ANCHO-HONEY PORK TENDERLOIN WITH CHEESE GRITS

- ¼ cup honey
- 2 teaspoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon ancho chile powder
- ½ teaspoon onion powder, divided
- 1 pork tenderloin (1-1 ¼ pounds), trimmed
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ½ cup quick grits
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded extra-sharp Cheddar cheese
- 2 scallions, sliced

Preheat oven to 425°F.

Whisk honey, lime juice, soy sauce, chile powder and ¼ teaspoon onion powder in a small bowl. Set aside.

Sprinkle pork all over with salt and the remaining ¼ teaspoon onion powder. Heat oil in a large ovenproof skillet over medium high heat. Add the pork and cook until brown on all sides, 4 to 5 minutes.

Transfer the skillet to the oven and roast for 10 minutes. Remove from the oven and brush with the reserved honey mixture. Return to the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, 3 to 5 minutes more. Transfer the pork to a clean cutting board and let rest for 5 minutes.

Meanwhile, bring broth and water to a boil in a medium saucepan over medium-high heat. Whisk in grits and pepper. Reduce heat to medium-low, cover and cook, stirring occasionally, until thickened, 5 to 7 minutes. Remove from the heat and stir in cheese. Cover to keep warm.

Slice the pork. Serve the pork with the grits, sprinkled with scallions and drizzled with any remaining glaze from the skillet.

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Serves 4

Active Time: 30m

Total Time: 30m

NUTRITION FACTS

Calories: 402

Total Fat: 14g

Saturated Fat: 5g

Monounsaturated Fat: 6g

Cholesterol: 1mg

Sodium: 687mg

Carbohydrates: 38g

Dietary Fiber: 1g

Total Sugars: 18g

Added Sugars: 17g

Protein: 32g

Potassium: 639mg