

Roasted Pork Tenderloin with Black Bean Salsa

Author: My own concoction

Carolyn T's
Main Cookbook

Servings: 3



PORK & MARINADE:

1/2 whole lemon, juiced

3 tablespoons olive oil

2 teaspoons dried oregano, crushed in your hands

1 1/4 pounds pork tenderloin, drained

1 tablespoon olive oil for browning the meat

BLACK BEAN SALAD & SALSA:

16 ounces canned black beans, rinsed, drained

2 tablespoons red bell pepper, diced

1/4 cup corn kernels, fresh, cut off the ear

2 tablespoons onion, diced

1 small tomato, diced

2 tablespoons fresh lemon juice

1/2 teaspoon sugar

2 tablespoons fresh cilantro, minced

1 tablespoon fresh dill, minced

1/2 teaspoon chipotle chiles canned in adobo, mashed, finely minced

1/4 teaspoon chile powder

1/2 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon fresh ground black pepper

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 558 Calories; 26g Fat (42.1% calories from fat); 49g Protein; 31g Carbohydrate; 10g Dietary Fiber; 123mg Cholesterol; 924mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

1. Prepare marinade: in a plastic bag combine the lemon juice, olive oil and oregano. Add the pork tenderloin, remove as much air as possible and seal bag. Refrigerate for 4 hours, or up to overnight. Turn the bag over a couple of times so more of the meat comes in contact with the marinade.
2. Salsa: Combine in a medium bowl the beans, red bell pepper, corn, onions, tomato, then add the lemon juice, sugar, cilantro, dill, chipotle chiles, chile powder, cumin and pepper. Season with salt, taste and add more salt if necessary. Cover and refrigerate until ready to serve. Make this up to 2-3 hours ahead of serving.
3. Preheat oven to 400.
4. In a large ovenproof skillet heat the olive oil to medium-high. Remove meat from marinade and gently dry off with a paper towel. Sear the meat on 3 sides, or 4, in the hot oil until just brown. Do not "cook" the meat - you only need to brown the outside.
5. Place pan in preheated oven. Preferably use a meat thermometer and bake the meat until it reaches 145. Remove from oven, tent the pan lightly with foil and set aside while you prepare the plates.
6. Using a serrated spoon, place an long oval of bean salsa down the center of the plate.
7. Place meat on a cutting board and slice it into angled slices and place in overlapping pieces on top of the bean salsa. Spoon another dollop of the salsa on top and serve immediately.