



THE EAT-CLEAN DIET®

FAST FAT LOSS that lasts forever!

FAB RECIPE – WEEK OF 4 JUNE 2012

Spiced Pork Tenderloin with Pomegranate Glaze

Food Network mainstay Kelsey Nixon is known for making professional-looking dishes that are surprisingly easy, and this impressive pork tenderloin is no exception!



Serves: 6

Hands-on time:

Total time:

CATEGORY:

[Under 45 Minutes](#), [Gluten Free](#)

INGREDIENTS:

- 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp sea salt, plus additional to taste
- 2 pork tenderloins (each 3/4 to 1 lb)
- 2 tbsp olive oil
- 1 cup 100% pomegranate juice
- 3/4 tsp arrowroot
- 2 tsp balsamic vinegar
- Pomegranate seeds, for garnish, optional

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. In a shallow bowl, stir together coriander, cinnamon, cumin, paprika and 1/2 tsp salt. Pat tenderloins dry and season with spice mixture until evenly distributed.
3. In a large heavy-bottomed skillet heat oil over medium-high until hot but not smoking. Reduce heat and sear pork until meat is browned on all sides. Using tongs, transfer pork to a baking dish and place in oven to cook for about 20 minutes or until a thermometer inserted diagonally into the center of each tenderloin registers 145°F. Remove from oven and transfer pork to a cutting board, tent with aluminum foil and let rest for 10 minutes.



THE EAT-CLEAN DIET®

FAST FAT LOSS that lasts forever!

FAB RECIPE – WEEK OF 4 JUNE 2012

4. Meanwhile, pour off and discard any fat from skillet. Add pomegranate juice to skillet and boil over medium-high heat for 2 to 3 minutes or until juice is reduced to about 2/3 cup. In a small bowl, whisk together arrowroot and 1 tbsp reduced pomegranate juice. Whisk mixture back into skillet, then boil sauce until thickened slightly, about 1 to 2 minutes. Remove from heat and add vinegar. Season with salt.
5. Slice pork on the diagonal and drizzle with pomegranate glaze. Garnish with pomegranate seeds, if desired.

Nutrients per 5-oz serving: Calories: 224, Total Fat: 7 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 7 g, Fiber: 0.5 g, Sugars: 6 g, Protein: 30 g, Sodium: 241 mg, Cholesterol: 92 mg

Source: www.cleaneatingmag.com