

# Live Healthy Recipe

December 2023



## Balsamic Pork Tenderloin

### Ingredients:

- ½ cup balsamic vinegar
- 1 (1 pound) pork tenderloin
- ¼ cup balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon snipped fresh rosemary
- 2 cloves garlic, minced
- ¾ teaspoon ground black pepper
- ¼ teaspoon salt

### Directions:

1. In a small saucepan, bring ½ cup balsamic vinegar to boiling. Reduce heat; boil gently for 5 minutes. Set aside. Makes about ¼ cup glaze.
2. Place tenderloin in large resealable plastic bag set in a shallow dish. In a small bowl, combine ¼ cup balsamic vinegar, olive oil, rosemary, garlic, pepper, and salt. Pour over tenderloin. Seal bag; turn to coat tenderloin. Marinate in the refrigerator for 1 hour.
3. Remove tenderloin from marinade, discarding marinade. Prepare grill for indirect grilling. Test for medium heat above drip pan. Place tenderloin on grill rack over drip pan. Cover and grill about 40 minutes or until an instant-read thermometer inserted into the center of the tenderloin registers 155 degrees F.
4. Brush tenderloin on all sides with balsamic glaze. Grill for 1 minute more. Remove from grill. Cover meat with foil, and let stand for 15 minutes (the meat's temperature will rise 5 degrees F during standing time). Slice to serve.

### Nutrition Facts:

Serving Size: 2 oz. slice

Per Serving: 126 calories; protein 16g; carbohydrates 4g; total fat 4g; saturated fat 1g; cholesterol 49mg; sodium 54mg.

*Recipe originally appeared in Diabetic Living Magazine*