

Caribbean Pork Tenderloin Salad

Servings: 6 to 8

Pork

INGREDIENTS

- 2 t salt
- ½ t black pepper
- 1 t ground cumin
- 1 t chili powder
- 1 t cinnamon
- 2 ea pork tenderloins (2 ¼ to 2 ½ lb total)
- 2 T olive oil

Glaze

INGREDIENTS

- 1 c packed dark brown sugar
- 2 T garlic, finely chopped
- 1 T Tabasco

Salad

INGREDIENTS

- 3 ea navel oranges
- 5 oz baby spinach, trimmed (6 c)
- 4 c Napa cabbage, thinly sliced
- 1 ea red bell pepper, cut lengthwise into thin strips
- ½ c golden raisins
- ½ c Monarch® white balsamic with lime & basil vinaigrette
- 2 ea California avocados, firm, ripe

PREPARATION

Prepare pork, stirring together salt, pepper, cumin, chili powder and cinnamon. Then coat pork with spice rub. In an ovenproof, 12-in heavy skillet over moderately high heat, heat oil until just beginning to smoke. Brown pork, turning, for 4 minutes total. Leave pork in skillet.

Prepare glaze, stirring together brown sugar, garlic and Tabasco; pat on top of each tenderloin. Roast in middle of 350° oven until each tenderloin registers 140°, about 20 minutes. Let pork stand in skillet at room temperature for 10 minutes.

Prepare salad. Cut peel, including white pith, from oranges with a sharp knife, and then cut crosswise into ¼-in thick slices. In a large bowl, toss spinach, cabbage, bell pepper and raisins with about ¼ c dressing. Halve, pit and peel avocados; cut diagonally into ¼-in thick slices.

Cut pork at a 45° angle into ½-in thick slices. Line a large platter with dressed salad and arrange sliced pork, oranges and avocados in rows on top. Drizzle some vinaigrette over avocados and oranges. Pour any juices from skillet over pork.

