

Preventing Women's Heart Disease Through Education



CAROL For Heart

Cuban Pork Asado with Corn Salsa

Servings: 6; 264g per serving

2 pork tenderloins, (approximately 2-1/4 pounds)	3 tablespoons olive oil
4 cloves garlic, peeled and sliced	½ half red onion, diced
¾ cup fresh orange juice	½ red pepper, diced
¼ cup fresh lime juice	½ yellow pepper, diced
¾ cup olive oil	2 jalapenos, minced
2 bay leaves	3 cloves garlic, minced
1 teaspoon coarsely cracked black pepper	Sherry vinegar
1 teaspoon cumin seeds	Cilantro
3 ears sweet corn, shucked	Salt and pepper, to taste

- Make slits in pork; press garlic into slits. Whisk together the juices, olive oil, bay leaves and spices.
- Add pork to Ziploc bag and pour marinade over top. Seal, squeezing out as much air as possible. Marinate, refrigerated, at least two hours and up to 1 day. Remove pork from bag, discard marinade.
- Preheat grill to medium-high heat. Brush corn with 1 tablespoon of olive oil; season with salt and pepper. Grilled until tender and charred in spots. Remove from grill; cut kernels from the cob and add to a mixing bowl.
- Add remaining oil to a sauté pan and bring to medium heat, cook onions, peppers, jalapenos and garlic until nicely softened. Add to bowl with corn; mix in sherry vinegar. Season with cilantro, salt and pepper.
- Grill pork, turning, until internal temperature reaches 150 degrees. Remove from grill and let rest 5 to 10 minutes.
- Slice pork, serve with corn salsa.

Per Serving (excluding unknown items): Calories 353; Cholesterol 124mg; Protein 46.3g; Sodium 420mg; Carbohydrate 10.8g; Fiber 1.8g; Total fat 13.3g; Saturated fat 3.0g

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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