

Pork Tenderloin with Broccoli

Serving: 1

Juice of 1/2 lemon

1/4 teaspoon minced garlic

1/4 teaspoon dried parsley

1/8 teaspoon dried rosemary

1/8 teaspoon dried oregano

1/8 teaspoon salt

Pinch of stevia

Pinch of ground cinnamon

4-6 ounces sliced pork tenderloin

2 cups of broccoli florets

1/2 cup brown rice

1. Prepare the marinade. Mix the lemon juice, garlic, parsley, rosemary, oregano, salt, stevia, and cinnamon in a small bowl. Put the pork in a large Ziplock plastic bag and pour the marinade in the bag with the pork. Close tightly and let the pork marinate in the refrigerator for a minimum of 30 minutes, although overnight is best.
2. Cook over a charcoal or gas grill, or in the broiler. Drain the marinade from the pork, cook pork over high heat, turning only 1 or 2 times to retain the juices, approximately 5 minutes total. (High heat seals in the juices and keeps the tenderloin from becoming dry)
3. Remove the pork from the grill or broiler and keep warm.
4. Place the broccoli into a grill basket and place on the grill to char, 30 seconds each side, or place in the broiler for 30 seconds, remove, turn the broccoli and return to the broiler for an additional 30 seconds.
5. Place brown rice in a saucepan with 1 cup of water, bring to a boil, reduce heat and set lid slightly ajar over the pan, cook for approximately 20 minutes until rice absorbs the water
6. Serve the pork with the charred broccoli over a cup of cooked brown rice