

Garlic Sage Grilled Pork Tenderloin from *Urban Sacred Garden*



The key to this tasty pork is picking a great piece of meat and allowing it to marinate for at least 24 hours. Once those two criteria are met you'll have trouble cooking-up anything less than the most tender, juicy pork (unless of course you burn it to a crisp). If you don't have a grill you can slow roast this in the oven at 350 degrees for about 1-2 hours. Add all marinade to the baking pan. Yield: 1 Medium Tenderloin, Serves 5

INGREDIENTS

2.5 Lbs. Organic Pork Tenderloin
1/2 Cup Italian Dressing
1/4 Cup Lemon Juice
8 Tbsp Worcestershire
4 Tbsp Coarse Ground Mustard
12 Fresh Sage Leaves, chopped
6 Fresh Garlic cloves, chopped
Fresh Ground Sea Salt
Fresh Ground Pepper

DIRECTIONS

1. 24 hours in advance, place the pork tenderloin in a large Ziploc bag. In the tenderloin is particularly thick (more than a couple of inches) butterfly the meat in 1/2 long ways.
2. Add to the bag all Italian Dressing, Lemon Juice, Worcestershire, Mustard, Sage, Garlic, Salt and Pepper. Seal bag and shake until well blended and pork is thoroughly coated. Place in the refrigerator to marinate and rest overnight.
3. The next evening pre-heat your grill to a medium high heat range. Cook tenderloin on grill for about 30-45 minutes or until it reaches your wellness. Remove from the grill and allow to rest for about 10 minutes. Slice up, Serve hot. Enjoy!