

Hawaiian Pork

Take your guests on a culinary trip to the islands with this Hawaiian-inspired pork recipe. The tenderloin is roasted with pineapples, sweet peppers and onion in a mouthwatering sauce flavored with soy, lime juice and ginger. Add a bit of fresh cilantro to each serving and you'll be eating like the island locals!

By **EatingWell Test Kitchen** | Updated on October 3, 2018

Prep Time: 25 mins

Additional Time: 15 mins

Total Time: 40 mins

Nutrition Profile:

Low-Calorie Dairy-Free Egg Free Nut-Free Healthy Aging Healthy Immunity

Ingredients

- Nonstick cooking spray
- 1 (1 pound) pork tenderloin, trimmed
- 2 tablespoons olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon lime juice
- 1 tablespoon grated fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon paprika
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 2 cups 1-inch chunks peeled fresh pineapple
- 1 cup red sweet pepper strips
- 6 tablespoons 2-inch pieces green onions
- 1 8.8-ounce pouch cooked whole-grain brown rice
- ¼ cup snipped fresh cilantro

Directions

Step 1

Preheat oven to 425 degrees F. Coat a 15x10-inch baking pan with cooking spray. Place meat in the prepared baking pan. Drizzle with 1 tablespoon of the oil and sprinkle with salt and pepper. Roast 10 minutes.

Step 2

Meanwhile, in a small bowl combine the soy sauce, honey, lime juice, ginger, garlic, paprika, cumin and coriander. In a medium bowl combine the remaining 1 tablespoon oil, pineapple, sweet pepper, and green onions.

Step 3

Arrange pineapple mixture around meat in pan; drizzle meat and pineapple mixture with soy mixture. Roast 15 minutes more or until meat registers 145 degrees F. Remove from oven. Let meat stand 3 minutes then slice.

Step 4

Microwave rice according to package directions. Serve rice with meat and pineapple mixture. Top with cilantro.

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Nutrition Facts

Per serving: **Serving Size 3 ounces meat and 3/4 cup rice mixture** 372 calories; total carbohydrate 42g; dietary fiber 4g; total sugars 20g; added sugars 9g; protein 28g; total fat 11g; saturated fat 2g; cholesterol 74mg; vitamin a 1355iu; vitamin c 80mg; folate 36mcg; sodium 555mg; calcium 36mg; iron 3mg; magnesium 50mg; potassium 721mg