MY Balance & Bliss

GRILLED PORK TENDERLOIN

Ingredients:

- 1 pork tenderloin (about 1–1.5 lbs)
- 2 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp honey or maple syrup
- 2 garlic cloves, minced
- 1 tsp smoked paprika
- 1 tsp salt
- ½ tsp black pepper

Directions:

1. In a bowl, whisk together olive oil, soy sauce, honey, garlic, paprika, salt, and pepper.
2. Place pork tenderloin in a resealable bag or shallow dish, pour the marinade over it, and turn to coat. Marinate at least 30 minutes (up to 8 hours in the fridge).
3. Preheat grill to medium-high. Remove tenderloin from marinade, shake off excess.
4. Grill pork, turning occasionally, for 15–20 minutes or until internal temp reaches 145°F.
5. Rest 5 minutes before slicing, serve hot.

Enjoy!