

Barbecued Pork Salad

*Spiced strips of pork and tangy orange dressing make salad greens delightful.
Serve with crusty bread—yum!*

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| Small oranges, peeled and white pith removed, thinly sliced | 4 | 4 |
| Thinly sliced red onion | 2/3 cup | 150 mL |
| ORANGE DRESSING | | |
| Olive (or cooking) oil | 1/3 cup | 75 mL |
| Orange juice | 1/4 cup | 60 mL |
| Apple cider vinegar | 3 tbsp. | 50 mL |
| Liquid honey | 1 tbsp. | 15 mL |
| Grated orange zest | 1/2 tsp. | 2 mL |
| Dried basil | 1/2 tsp. | 2 mL |
| Garlic powder | 1/8 tsp. | 0.5 mL |
| Salt | 1/4 tsp. | 1 mL |
| Pepper, sprinkle | | |
| Pork tenderloin, trimmed of fat | 1 lb. | 454 g |
| Garlic and herb no-salt seasoning (such as Mrs. Dash) | 1 tsp. | 5 mL |
| Pepper, sprinkle | | |
| Mixed salad greens, lightly packed | 10 cups | 2.5 L |

Place orange slices and onion in large bowl. Toss gently.

Orange Dressing: Process first 9 ingredients in blender or food processor until smooth. Makes about 1 cup (250 mL) dressing. Pour over orange mixture. Toss gently. Cover. Chill for 2 hours.

Cut tenderloin almost in half lengthwise, but not quite through to other side. Press open to flatten. Sprinkle both sides with seasoning and pepper. Preheat barbecue to medium. Place tenderloin on greased grill. Close lid. Cook for 15 to 20 minutes, turning once, until meat thermometer inserted into thickest part of tenderloin reads 155°F (68°C). Remove from heat. Cover with foil. Let stand for 10 minutes. Internal temperature should rise to at least 160°F (70°C).

Add salad greens to orange mixture. Toss gently. Divide among 4 individual salad plates. Cut tenderloin into 1/4 inch (6 mm) thick slices. Arrange 4 to 5 slices of pork on top of each salad. Serves 4.

1 serving: 423 Calories; 24.3 g Total Fat (16.1 g Mono, 2.2 g Poly, 4.2 g Sat); 66 mg Cholesterol; 28 g Carbohydrate; 5 g Fibre; 26 g Protein; 222 mg Sodium

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