

Barbeque Grilled Pork Tenderloin

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Tenderloin can be tossed on the grill just like any other cut of meat—and it barbeques in a sweet glaze just as well!

Ingredients:

2 tablespoons Dijon mustard
2 tablespoons barbeque sauce
1 tablespoons olive oil
1 teaspoon dried rosemary
1 teaspoon salt
½ teaspoon black pepper
1 pound pork tenderloin, halved, butterflied

Directions:

- 1) Combine mustard, barbecue sauce, oil, rosemary, salt, and pepper in a shallow oven-safe baking dish; mix well.
- 2) Add pork to mixture; turn to coat. Cover and refrigerate 45 minutes.
- 3) Preheat grill or broiler. Place baking dish in oven or loin directly on grill; cook 7 minutes each side, until no longer pink. Allow pork to rest 10 minutes; slice, and serve.