

Grilled Pork Loin with Lemony Dandelion Greens

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An uncomplicated marinade of garlic, thyme, and lemon make for a tender and savory pork loin, cooked to further perfection over a grill. Served alongside a sauté of seasonal dandelion greens, this dish proves that meat-lovers can still enjoy light, healthy meals.

Makes 4 servings.

Ingredients:

¼ cup plus 1 tablespoon extra-virgin olive oil
3 cloves garlic, pressed, divided
1 teaspoon fresh thyme leaves
1 teaspoon sea salt
½ teaspoon fresh ground black pepper
½ teaspoon grated lemon zest
1 ½ pound pork tenderloin
1 bunch dandelion or other bitter greens
1 clove garlic peeled and sliced
1/2 lemon, juiced

Directions:

1. In a small mixing bowl, combine oil, 2 cloves garlic, thyme, salt, pepper, and zest. Rub over pork loin on all sides and allow to marinate in refrigerator for 1 hour.
2. Preheat grill to medium heat. Grill the loin until internal temperature is 160°, 15 to 28 minutes. Remove from heat.
3. While pork rests, heat remaining 1 tablespoon oil in a large skillet over medium heat. When hot, add garlic and cook 30 seconds, until fragrant. Add greens and cook until wilted, 2 to 3 minutes. Remove from heat, add lemon juice, and season with salt and pepper if desired.
4. Slice pork loin and serve over sautéed greens.