

# Grilling a Pork Tenderloin



1 (2 lbs) Pork tenderloin  
Olive Oil, Salt & Pepper  
Your favorite rub or sauce. We suggest: Guy Fieri Carolina #6

If using a marinade or spread, place tenderloin in a plastic bag with the marinade in the fridge for at least 2 hours to allow flavors to be absorbed. If not using a marinade, rub with Olive Oil, salt and pepper. Bring tenderloin to room temperature.

**Grill** (On outside grill or on stove top cast iron grill pan) : 7-8 minutes per side on medium heat, covered, until internal temperature of pork tenderloin reaches 150°F (medium).  
Remove from heat and let it rest, covered, for 5 minutes before cutting it.  
Please note that all grills are different. Cooking times vary depending on thickness of tenderloin and performance of grill. Always use a meat thermometer.

Serve with steamed broccoli & rice pilaf.

