

Pork Tenderloin

1 or 2 1-2 lb pork tenderloins (See note) 400 deg
1 T oil
2-3 T fresh lemon, lime, or orange juice (or 1 T of each)
2 tsp Italian seasoning
1 tsp garlic powder
1 tsp cumin
1 tsp salt
1 tsp chili powder
½ tsp smoked paprika (optional but highly recommended)
¼ tsp black pepper

Lightly grease a large baking/casserole dish. Pierce tenderloins all over with a fork. Rub oil onto all sides of the meat.



Whisk together Italian seasoning, garlic powder, cumin, salt, chili powder, smoked paprika (if using) and black pepper. Sprinkle mixture over tenderloin(s), patting it onto the surface of the meat on all sides. Place in prepared baking dish and drizzle lemon/lime juice over the top. Bake for 25-35 minutes until outside is browned and crispy and centers are cooked through to desired doneness, 145 deg recommended. (you can take them out on the early side if you like the centers a little pink). Spoon juices from the dish over the meat. Allow to rest on a cutting board or in the baking dish for 5-10 minutes. Slice into 1 inch pieces. Spoon any remaining juices from the pan over the slices, garnish with fresh chopped cilantro if desired, and serve.

NOTES

This recipe is pretty flexible and you can use 1-2 very small pork tenderloins, or one medium-large pork tenderloin OR you can double or even triple the ingredients for the seasonings and serve a LOT of people with very large tenderloins.

Also, I used a seasoning mix, like jocko's, instead of the salt, pepper and garlic powder. I seasoned the pork and left in the fridge for 3-4 hours. Remove from fridge while oven is pre-heating.

