

# Beijing Beauty

## Asian-glazed, grilled pork tenderloin

*This sensational, grilled pork tenderloin is a beauty and a feast, not difficult in the least. Just baste and repeat 'til it's ready to eat!*

### Glaze

- ¼ cup hoisin sauce
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp each Dijon mustard and liquid honey
- 1 tbsp each sesame oil and reduced-sodium soy sauce
- 1 tbsp grated gingerroot
- 2 tsp minced garlic
- 2 tsp grated lemon zest
  
- 3 pork tenderloins (12 oz/340 g each)



MAKES 6 SERVINGS

PER SERVING  
267 calories  
8.7 g total fat  
(2.4 g saturated fat)  
37 g protein  
9 g carbohydrate  
0.5 g fiber  
111 mg cholesterol  
362 mg sodium

- To make glaze, combine all glaze ingredients in a small bowl and mix well. Set aside.
- Preheat grill to medium-high setting. Brush grill rack lightly with oil. Grill pork for about 15 minutes, turning occasionally. Pork should be just slightly pink in the center. Do not overcook pork or it will be dry.
- Brush pork generously with glaze during last 5 minutes of cooking time. Baste, baste, baste! The more you baste, the better the taste!
- Place pork on a cutting board, cover loosely with foil and let rest for 5 minutes. Cut pork into thin slices and serve.

## Trivial Tidbit

A little hot under the collar? Better hold your temper or you might end up holding a temperature! Research at The Institute of HeartMath showed that one five-minute episode of anger is so stressful it impairs the body's immune system for more than six hours, making it susceptible to colds, flu and other ailments.

