



Grill Pork Loin w Peach Mango Glaze

Grilled Pork Loin is an alternative protein source partnered with the ever versatile spinach and earthy butternut squash. Quick and easy to prepare, the highlight of this dish is a quick pan-made peach mango glaze w. fresh chopped mango. A festive new addition to the Signature Select Recipes ® series, this dish packs a lot of punch and lots of taste at just 480 calories per serving. AJÖY!

GRILLED PORK LOIN w. PEACH MANGO GLAZE

TOTAL TIME: 30 Minutes * 2 Servings

Approx. Per Person Cost: \$4.00

INGREDIENTS

4 5oz Serving Raw Pork Loin
1 Teaspoon Salt
1 Teaspoon Black Pepper
2 Minced Garlic Cloves
1 Tablespoon Sesame Oil
½ Teaspoon Paprika
Pinch of Cinnamon
Butter

1 Fresh Mango
1 Cup Peach Mango Preserves
¼ Cup White Wine
2 Pounds of Fresh Spinach
1 Tablespoon Extra Virgin Olive Oil
Sprinkle Salt & Pepper
Sprinkle of Crushed Red Pepper

DIRECTIONS

1. Pork Loin Heat sesame oil in non-stick skillet. Season pork loin w. dry seasons, garlic and paprika. Sear pork loin on both sides thoroughly until almost fully cooked. Set aside to rest (pork will experience overflow cooking for about 3 minutes while resting). Save drippings from pan. Add fresh sliced mango, brown sugar and peach mango preserves to skillet. Cook for 2-4 minutes. Add white wine. Simmer until glaze thickens.

2. Butternut Squash & Spinach For easier cooking time, purchase the pre-cut, butternut squash. Season with cinnamon, salt, pepper and crushed red pepper. Sautee in pan with butter. Gently add in fresh spinach and stir until spinach is wilted. Add salt, pepper and olive oil to finish this quick side dish.

Pork loin is a healthier option to other pork meat products. With less sodium and fat content, it truly is a leaner, healthier "other white meat".

Chef Craig

CALORIES: 480 per serving

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