

## Grilled Pork and Pineapple

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

**CChints:** You can buy Pork Tenderloins that are marinated in different seasonings like teriyaki, garlic, BBQ, honey mustard, etc. For this recipe we used a Honey Mustard flavor. You can also buy the fresh pineapple you need whole or already sliced at your local market.



16 – 18 ounce Honey Mustard Pork Tenderloin

1/2 teaspoon cumin

1 teaspoon smoked paprika

salt and pepper to taste

4 servings of cooked rice, we used a Near East® brand with whole grain rice and pecans

Half of a fresh pineapple sliced into 1/2 inch rings, rind on or off....your choice

4 servings of frozen peas or green beans, thawed

Preheat the grill to medium heat. Remove the pork from its packaging and set on a plate. Sprinkle it with the cumin, smoked paprika, salt, and pepper and let it sit out and come to room temperature while you are waiting for the grill to heat.

Cook the rice according to the package directions, which should take about 20-25 minutes. However, do not start the rice until you have put the pork on the grill. The goal is to have them both ready at the same time.

If you have purchased a presliced fresh pineapple, you have saved a lot of time. Take it out of the packaging and place it on a plate to be taken out to the grill.

When the grill is hot put the pork on and start the rice. Cook it with the lid closed and turn the pork every 10 minutes until it is done. The center part of the pork should register 160 degrees F on a meat thermometer when it is done.

About 6 minutes before the pork is done, put the pineapple on the grill and cook for 3-4 minutes on each side. You just want to get some grill marks but be careful not to burn it. Pineapple is so sweet that it will naturally brown quickly.

Cook your side vegetables according to package directions and keep them warm.

When the pineapple is done, remove it from the grill and bring it indoors. When the pork is done let it rest for 2-3 minutes before you slice it into 1/2 to 3/4 inch wide pieces. Drain the excess liquid from the rice and you are ready to plate your dinners.

Enjoy!