



## Pork Tenderloin with Maple-Chipotle Sauce

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Makes:** 6 servings

### Ingredients

1/2 cup plus 2 tablespoons pure maple syrup  
1/4 cup plus 2 tablespoons cider vinegar  
1 tablespoon coarse-grain mustard  
2 large garlic cloves, minced  
2 teaspoons minced canned chipotles plus 2 teaspoons sauce  
2 pork tenderloins, about 12 ounces each, trimmed  
1 tablespoon canola oil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Nonstick cooking spray

### Directions

1. In a heavy zip-top bag, combine 1/2 cup of the maple syrup, 1/4 cup of the vinegar, and the mustard, garlic, and chipotles with sauce. Add the pork, turning to coat well. Refrigerate overnight, turning the meat in the bag once or twice.

2. Transfer pork to paper towels and pat dry; brush each side with the canola oil. Pour the marinade into a medium skillet. Add remaining maple syrup and vinegar and the salt and black pepper. Bring to a boil. Let sauce boil 1 minute; set aside.

3. Heat a grill to medium and mist with cooking spray. Grill pork, turning 2 to 3 times, until just cooked through, 15 to 20 minutes, or until a meat thermometer reaches 150 to 155 degrees. Brush pork with sauce in the final minutes of cooking. Transfer pork to a cutting board, tent with foil, and let rest 10 minutes.

4. Slice pork into 1/4-inch slices and serve with remaining sauce.

**Nutrition facts per serving:** 259 calories, 23g protein, 23g carbohydrate, 7g fat (1.6g saturated), 0g fiber