Heart Healthy Dinner Recipe of the Month:

July 2016

Grilled Pork with Blueberry Sauce

Serves 4

Ingredients

For Blueberry Sauce:
4 cups (2 pints) blueberries
2/3 cup honey
1 jalapeño
1/2 cup chopped shallots
2 tsp. lime juice
1/4 tsp. garlic powder
1/2 tsp. dry mustard

For Pork:
1 lb. pork tenderloin
1/2 tsp. salt
1/2 tsp. black pepper
optional:
1/2 tsp. garlic powder
1 tbsp. thyme

Directions

To make sauce:

1. Mash blueberries to allow juices to release in a medium-sized**. Combine all sauce ingredients in a medium-sized saucepan and bring to a boil over medium heat.
2. Reduce heat and simmer until sauce has thickened (up to 45 minutes).
3. Divide the sauce into two bowls.

To grill pork:

1. Preheat the grill to medium.
2. Season the pork with salt and pepper.
3. Sear the pork on all sides for about 10 to 15 minutes.
4. Brush the pork with one bowl of sauce until all sides are glazed.
5. Cook on grill for about 10 more minutes.

Nutritional Information (ESTIMATED)

Serving Size: 1 portion
Calories 438
Total Fat 4.7g (7%)
Cholesterol 83mg (28%)
Sodium 362mg (15%)
Potassium 703mg (20%)
Total Carbs 72.0g (24%)
Dietary Fiber 4.0g (16%)
Sugars 61.0g
Protein 31.7g

*Based on a 2000 calorie diet

Adapted from: http://www.delish.com/cooking/recipe-ideas/recipes/a5569/pork-tenderloin-blueberry-barbecue-sauce/

PIMA COUNTY HEALTH DEPARTMENT