



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



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## **COCOA CRUSTED PORK TENDERLOIN**

Intermediate Lifestyle

### Ingredients

- 1 TBS cocoa powder, unsweetened
- 1 TSP instant coffee
- ½ TSP cinnamon, ground
- ½ TSP chili powder
- 1 TBS canola oil
- 1 lb. (16 oz.) pork tenderloin, trimmed of surface fat

### Instructions

1. Preheat oven to 400°.
2. Combine the spices in a small mixing bowl. Trim fat from pork tenderloin and remove the thin silver tendon that may be running down the center of the loin. Rub the tenderloin with the canola oil. Dust the loin with all of the spice mixture.
3. Heat a cast iron or heavy bottom pan to high heat. Spray with nonstick cooking spray. Place the tenderloin in the pan and sear on all sides. Transfer the pan to the oven and roast for 15 minutes or until the internal temperature reaches 150 degrees.
4. Remove the pan from the oven. (Remember ... the pan will be hot!). Place the meat on a cutting board and allow to rest for 5 minutes.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 4 oz. = 1 P