



Partnering for a healthy community



Cuban Mojo Pork with Mojo Coleslaw

Ingredients:

- 4 oz Pork Tenderloin (Cal- 163, Fat- 4g, Carbs- 0g, Protein- 29g)
- 1/4 cup lightly packed mint leaves, finely chopped (Cal- 2.24, Fat-.03g, Carbs-.48g, Protein- .12g)
- 8 garlic cloves, minced (Cal- 4, Fat-0.01g, Carbs- 0.93g, Protein- 0.18g)
- 1/2 cup extra-virgin olive oil (Cal- 960, Fat- 112g, Carbs- 0g Protein- 0g)
- 1 tablespoon orange zest (Cal- 22, , Fat-0, Carbs- 6g, Protein- 0.9g)
- 3/4 cup fresh orange juice (Cal- 14, Fat- 0.1g Carbs- 3.2g Protein- 0g)
- 1/2 cup fresh lime juice (Cal- 30.25, Fat- 0.2g Carbs- 10.2g Protein- 0.1g)
- 1 cup cilantro, finely chopped (Cal- 3.7, Fat- 0.1g, Carbs-0.6g Protein- 0.3g)
- 1 tablespoon minced oregano (2 teaspoons dried oregano) (Cal- 6.2, Fat- 0.1g, Carbs- 1g, Protein- 0.1g)
- 2 teaspoons ground cumin (Cal-16, Fat- 1g, Carbs 1.8g, Protein- 0.8g)
- Kosher salt and pepper
- 1 small carrot, Shredded (Cal- 21, Fat- 0.1g, Carbs- 4.8g, Protein-0.5g)
- 1/4 Head Red Cabbage, Shredded (Cal- 22, Fat- 0.1g, Carbs- 5.7g, Protein- 1g)

Totals: Cals- 558 Fat- 18.2g Carbs- 13.7 Protein- 31.2g

Instructions:

1. If you have a food processor: add the orange juice, cilantro leaves, mint leaves, and smashed (not minced) garlic cloves, and pulse until everything is finely chopped. add this mixture to a Ziplock bag, along with the rest of the oil, zest, lime juice, oregano, and cumin.
2. If you don't have a food processor: In a large Ziplock bag, combine olive oil, orange zest, orange juice, lime juice, chopped cilantro, chopped mint, minced garlic, oregano, and cumin. Shake it around a bit to mix it up, then add the pork tenderloin.
3. Place the zipped-up bag in a baking dish, and put it in the fridge overnight, or several hours at least. (USE ONLY 1 / 4 CUP OF MARINADE FOR YOUR MEAT AND RESERVE THE REST TO THE SIDE.)
4. Preheat oven to 450 degrees F. Place a wire rack (I used a cooling rack) over a rimmed baking sheet.
5. Salt and pepper the pork well. In a frying pan sear all sides of tenderloin.
6. Place the pork on the rack and bake for 5-10 minutes. It should be lightly browned.
7. While pork is cooking, shred cabbage into a large mixing bowl with your carrot. Top with 2 oz of reserved marinade.
8. Transfer to a cutting board, cover with aluminum foil and let rest at least 5 minutes.
9. Carve against the grain and serve over your mojo coleslaw.

- For a fun kick, add a finely minced jalapeño (or two!) to the cabbage mixture.
- Some supermarkets sell pre-shredded red cabbage—it's a great time-saving hack if you can find it.
- You might not need all the dressing depending on the size of your cabbage. Use just enough to dress the slaw without it getting sloppy, and refrigerate the rest for another use. It's a great marinade for fish or chicken!