

## **Sweet Tea Brined Pork Tenderloin**

~150 calories per 4 oz portion 6.3 g fat, 23g protein, 0g carbs

Ingredients:

1 or 2 pork tenderloins

4 tea bags (we use earl grey)

1 bay leaf

2 tbsps of sugar

1/4 cup of salt

Black pepper

1. First, make some sweet tea brine. Boil water and add the tea bags. Add the sugar and salt to ~ 4 cups of tea while still hot. Once steeped and the salt and sugar are dissolved, let the tea cool and refrigerate or ice until it reaches room temperature.
2. While cooling the tea, trim any excess fat off the pork tenderloin and season with a little bit of cracked black pepper to taste.
3. Add the pork tenderloin and bay leaf to the brine (I like to use a gallon Ziploc-style bag) and let it brine for a half an hour.
4. Grill the tenderloin over medium to medium-high heat. Let it cook about 3 to 4 minutes per side (4 sides in this case). After pulling from the grill it should be at least 145 degrees with a meat thermometer – tent the tenderloin with foil and let rest for about 10 minutes before slicing.

## **Sweet Potato Hash**

Makes about 4 servings

~134 calories per serving, 2.4 g fat, 4.9 g protein, 25.7 g carbs

Ingredients:

2 large sweet potatoes

1 medium onion

2 cloves of fresh garlic

3 slices of thick cut turkey bacon (or use regular bacon)

1 stalk of celery

1 fresh hot pepper (or cayenne powder) – if desired

Cinnamon

Salt

Cumin

Coriander

Curry powder

1. Chop the onion, garlic, celery and bacon into bite size pieces and saute in olive oil (a couple sprays of oil in a large pan) – also add the hot pepper here if fresh.
2. Par-bake the sweet potatoes by peeling them and microwaving for about 1 to 2 minutes per side – you still want them a bit firm so you can cut into chunks before they get mushy/mashed.
3. Once the onions are starting to get transparent, you can smell the garlic, and there's a little brown on the bacon, add the sweet potatoes cut into bite sized chunks – you may want to add a little more olive oil spray with the taters unless you used real bacon.
4. Season to taste – add salt, a 1/2 tsp of cinnamon, 2 to 3 shakes each of cumin/coriander/curry powder, and the cayenne here to taste (if no fresh hot pepper) – taste the dish as you season it to adjust to your liking.
5. Turn the heat up on the pan to medium high so you can get a little crisp on the taters.
6. Let it go, stirring occasionally, so you get a little char across most of the taters and they are soft to eat.