

Easy Grilled Pork Tenderloin Medallions

Ingredients

1 pork tenderloin
1 teaspoon seasoning salt
1/2 teaspoon granular garlic powder

Instructions

Preheat grill to medium high with a surface temperature of 450 to 500. Notice I said surface temperature not that thermometer on the grill hood.

Trim the pork tenderloin of any trim-able fat and silver-skin. Cut the "tail end" off at 3 inches and cut the remainder into 1 1/2 inch slices.

At the half way mark of the 3 inch "tail" cut through 3/4 of the way and bend over on itself.

Compress all pieces to about 1 inch thick. Season to taste. I used 1 teaspoon seasoning salt with 1/2 teaspoon garlic powder. But choose the seasoning of your choice.

Grill for 5-6 minutes and flip. Aim for an internal temp of 140-145. Total grill time about 10-12 minutes.

Allow to rest for 5 minutes before serving.

All nutritional information are estimates and may vary from your actual results. This is home cooking, and there are many variables. To taste ingredients such as salt will be my estimate of the average used.

If you like this recipe or find it useful, the pleasure of a nice 4 or 5 rating would be greatly appreciated. Rating is done by clicking on the stars above.