

Stuffed Pork Tenderloin on Grape Tomatoes

4 tablespoons good olive oil
1/2 cup onion, chopped
7 ounces washed baby spinach, packaged
3/4 teaspoon salt
3/4 teaspoon freshly ground pepper
1 large pork tenderloin (about 1 1/4 pounds)
3/4 cup grated cheddar cheese
1 box grape tomatoes (about 1 1/2 pints)
--- Alternative Stuffing ---
4 ounces Gorgonzola cheese, crumbled
1 cup fresh cherries, pitted
1/4 cup spring onion, chopped

Per Serving (excluding unknown items): 265 Calories; 18g Fat (59.9% calories from fat); 24g Protein; 4g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 957mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Servings: 4

Heat 2 tablespoons of the olive oil in a large skillet over high heat. Add the onion and cook for 1 minute. Add the spinach, pushing it down into the skillet, and 1/4 teaspoon each of the salt and pepper. Cover and cook over medium heat for about 1 1/2 minutes, until the spinach is wilted. Remove the lid and cook, uncovered, until the liquid from the spinach has evaporated. Transfer to a plate and let cool.

Trim the tenderloin of any fat and silverskin. To butterfly the tenderloin for stuffing, lay it flat on the cutting board so one end is close to you and the other end is near the top of the board. Holding your knife so the blade is parallel to the board, cut through the long side of the tenderloin, stopping when you are about 1/2 inch from the other side. Turn the tenderloin so the uncut side is closest to you and make another parallel cut below the first one, again stopping about 1/2 inch before you reach the other side. Open up the butterflied tenderloin and pound it a little to extend it to about 12 inches long by 7 inches wide.

Oven @ 350°. Arrange half the spinach mixture down the center of the butterflied tenderloin and top with the cheese. Add the rest of the spinach, fold in the sides, and roll the tenderloin back and forth to evenly distribute and encase the filling. Wrap 2 strips of aluminum foil, each 1 to 2 inches wide, around the tenderloin to secure the stuffing inside. I use kitchen twine to tie the loin.

Heat the remaining 2 tablespoons oil in a large ovenproof nonstick skillet. Sprinkle the outside of the tenderloin with 1/4 teaspoon each of the salt and pepper. Place the tenderloin carefully in the skillet and brown it, turning occasionally, for about 5 minutes. Carefully remove the foil strips from the tenderloin and bake in the oven for 10 to 15 minutes, when it will be slightly pink in the center. Transfer the tenderloin to a plate, cover, and keep warm in the oven while you prepare the tomatoes (the pork will continue to cook as it sits).

Add the tomatoes and the remaining 1/4 teaspoon each salt and pepper to the skillet in which you browned the tenderloin and sauté over high heat for 1 1/2 to 2 minutes, until just softened. Divide among four warm plates.

Slice the tenderloin crosswise into 8 medallions and arrange 2 slices in the middle of the tomatoes on each plate. Serve.

--- Alternative Stuffing ---

Combine Gorgonzola, cherries and onion. Lightly salt and pepper inside of loin. Place mixture within 1/2" of edges, roll and tie as before. Sprinkle oil onto loin. Season with salt and pepper

Heat grill, reduce heat to medium-high (about 350° to 400°) and adjust for indirect cooking. Grill for about six to seven minutes on four sides. Remove from grill and cover for 10 minutes.