

Bi-Weekly Recipe

Roasted Pork with Avocado Salsa

Ingredients

Preparation time: 45 minutes

Servings: 4

For the Roast Pork:

20 oz. pork tenderloin
2 Tbsp. Newman's Own
Mesquite with Lime
Marinade (or your
favorite flavor)

For the Avocado Salsa:

1 cup frozen corn, thawed
1 cup canned black
beans, drained & rinsed
1 avocado, diced
2 roma tomatoes, diced
1 lime, juiced
2 Tbsp. fresh cilantro,
chopped
1 Tbsp. fajita seasoning

*Use Mrs. Dash
Chipotle seasoning for
lower sodium option

Directions

1. Rub pork with marinade, and place on a foil lined baking sheet
2. Preheat oven to 425 F.
3. Roast at 425 F for 10 minutes; then reduce heat to 350 F and roast for 20-30 minutes or until internal temperature of pork reaches 150 F.
4. Once pork reaches 150 F, remove from oven, cover with foil, and allow to rest for 5 minutes before slicing
5. While the pork is roasting, combine all ingredients for the avocado salsa in a large bowl.
6. Top sliced pork with salsa and serve over quinoa, couscous, or your favorite grain.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

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Amount	5 oz (¼ of recipe)
Calories	280
Fat (g)	11
Sat. Fat (g)	3
Carb. (g)	22
Fiber (g)	7
Protein (g)	28
Dairy Free, Gluten Free.	

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Cooking Tip

Prepare this protein rich meal along with your favorite grains after a hard training day to replenish glycogen stores and repair muscle cells. Prepare this as part of a meal prep by pre-portioning it into individual-sized Tupperware container for meals throughout the week.

Performance Facts

Avocado is actually a fruit and has the most fiber of any fruit, contains over 20 vitamins and minerals and has more potassium than a banana. Pork tenderloin is about 94% lean, is low in saturated fat and a great protein choice that is easy to cook and can be enhanced by any marinade or seasoning blend.

