

PORK TENDERLOIN

FOOD *sense*

Oven:

- Preheat oven to 425°F.
- Place pork on a baking rack in a shallow roasting pan.
- Roast 25-30 minutes per pound of pork or until the internal temperature reaches 145°F.

Grill:

- Preheat charcoal or gas grill to medium heat.
- Grill tenderloin for 18-30 minutes or until the internal temperature reaches 145°F.

Temperature Check: *Use a meat thermometer inserted at least 1/2 inch into the tenderloin to ensure that the correct temperature is achieved.*

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