



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Grill up a Great Menu Plan!



Grilling offers a great opportunity to cook in a larger quantity, which makes creating a menu plan for the week even easier. Grill up pork tenderloins and peaches - enough for a few meals. Simple, fresh ingredients can make an amazing dinner with leftovers that can be used later in the week. Add these Breakfast and Dinner ideas to your menu. These and other delicious recipes are available on Inseasonezine.com.

Dinner ideas -

(Day 1)

Basil-Champagne
Grilled Pork Tenderloin
with Grilled Peaches

(Day 2)

Leftover Lemony Pork,
Kale and
White Bean Fettuccine

Breakfast idea -

Waffles Topped with Yogurt and Grilled Peaches

Scan for the
**Lemony Pork,
Kale & White Bean
Fettuccine** recipe.



Basil - Champagne Grilled Pork Tenderloin with Grilled Peaches

Ingredients:

- 1/4 cup Champagne or sparkling white wine
- 1/4 cup plus 1 Tbsp. olive oil
- 2 Tbsps. chopped fresh basil
- 1 Tbsp. lemon zest
- 1 tsp. kosher salt
- 1 tsp. cracked black pepper
- 1 pkg. pork tenderloins, trimmed (2 tenderloins, about 1 1/4 pounds each)
- 4 large fresh peaches, quartered and pitted



Directions:

1. In small bowl, whisk Champagne, 1/4 cup oil, basil, lemon zest, salt, and pepper. Place pork in a large zip-top plastic bag; add Champagne mixture and seal bag, pressing out excess air. Refrigerate at least 4 or up to 24 hours.
2. Prepare outdoor grill for direct grilling over medium-high heat. Remove pork from marinade and let stand at room temperature for 15 minutes. Discard excess marinade. Place pork on hot grill rack; cover and cook 25 minutes or until internal temperature reaches 140°F, turning 1/4 turn every 5 minutes. Transfer pork to cutting board; loosely cover with aluminum foil and let stand 10 minutes (internal temperature will rise 5-10°F upon standing).
3. Brush peaches with remaining 1 Tbsp. oil. Place peaches, cut side down, on hot grill rack; cover and cook 8 minutes or until grill marks appear, turning occasionally.
4. Slice 1 pork tenderloin; serve with grilled peaches. Refrigerate 2nd tenderloin for Day 2 recipe.