

Chili-Rubbed Pork Loin

Yield: 4 servings

Ingredients:

1 large onion
¼ tsp chili powder
1/8 tsp dried oregano
1/8 tsp ground cumin
1 pinch ground cloves
1 clove garlic, smashed
4 boneless pork loin slices (about 1 lb. of pork loin cut into 4 loin slices), trimmed
Oil spray

Directions:

Roughly chop ½ onion and place in a blender with chili powder, oregano, cumin, cloves and garlic. Puree, adding about 1/3 cup water to make a thick paste.

Slice remaining ½ onion into thin rings and place in a bowl with the chili puree and pork slices; toss to coat.

Lightly spray a large cast-iron skillet or grill pan with oil and place over high heat until almost smoking. Place 4 pork loin slices in the skillet and surround with half of the onions. Cook until pork starts to blacken on the outside and is cooked through, about 4 minutes per side.

Serve with green snap peas, if desired.



Nutrition

Calories	179
Total Fat	8.1g
Sat. Fat	3.2 g
Chol	54.9mg
Carb	4.7g
Fiber	0.8g
Protein	21.9g