

### Ingredients

#### 4 servings

##### Roast Pork

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

##### Avocado Salsa

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



#### Roasted Pork with Avocado Salsa

Amount	5 oz (¼)
<b>Calories</b>	<b>280</b>
<b>Fat (g)</b>	<b>11</b>
<b>Sat. Fat (g)</b>	<b>3</b>
<b>Carb. (g)</b>	<b>22</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>28</b>

**Allergen info: Dairy Free,  
Gluten Free**

#### Sport Nutrition Questions:

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### Nutrient Information

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.

Although avocados are high in fat, about 70% of the fat is the heart healthy monounsaturated fat.

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.

Prepare this protein rich meal along with your favorite grains after a hard training day to replenish glycogen stores and repair muscle cells.

