

## Chipotle Citrus Pork Tenderloin

2 pork tenderloins, about 1 pound each, halved crosswise  
1 cup orange juice  
6 tablespoons fresh lemon juice  
6 cloves garlic, smashed  
2 shallots, chopped  
2 dried chipotle chilies, crushed into small pieces with your hands  
1 tablespoon olive oil  
Kosher salt and freshly ground black pepper  
3/4 cup low sodium chicken broth  
2 tablespoons chopped fresh cilantro

Mix orange juice, lemon juice, garlic, shallots and chilies in a small bowl. Pour over tenderloins and let sit for 20 minutes at room temperature. Preheat oven to 400 degrees.

Heat olive oil in a large, ovenproof skillet over medium-high heat. Remove the tenderloins from the marinade, reserving the marinade. Wipe the tenderloins dry with a paper towel and season with salt and pepper. Add to the skillet and cook, turning as needed, for 4 to 5 minutes, until evenly browned. Transfer to the oven and roast for 12 to 15 minutes, until they reach an internal temperature of 160 degrees. Remove tenderloins from skillet and cover loosely with foil to keep warm.

Pour remaining marinade into skillet, add chicken broth. Bring to a boil over high heat and cook for 8 to 10 minutes, until reduced and thickened. Pour through a fine-mesh sieve into a bowl.

Cut tenderloins across the grain into thin slices and arrange on a platter. Drizzle sauce over top and sprinkle with cilantro. Serve. Makes 6 servings.

Nutrition information per serving: 219 calories, 32 grams protein, 7 grams fat, 4 grams carbohydrate, 313 mg sodium.