



Grilled Korean-Style Pork

6 servings

1/3 cup	Soy sauce, reduced sodium variety
4 cloves	Garlic, minced
5 Tbsp	Sesame seeds, toasted
1/4 cup	Dark brown sugar
2 lb	Pork tenderloin, cut into 1-inch thick slices
1/4 cp	Green onions, chopped

Combine soy sauce, garlic, 2 tablespoons sesame seeds and brown sugar in blender. Blend at high speed for 30 seconds. Pour marinade over the pork, cover and place in the refrigerator for 1-24 hours. Remove pork from marinade and grill over high heat until well done, about 5 minutes each side. Serve with remaining toasted sesame seeds and green onions sprinkled on top.



Recipe Nutrition per serving

206 calories; 30 gm protein; 7 gm carbohydrate; 6 gm total fat; 2 gm saturated fat; 0 trans fat; 79 mg cholesterol; 1 gm fiber; 331 mg sodium