

Frank's piggly wiggly®

Chili Dijon Pork Tenderloin

1 (2-pack) pork tenderloin, trimmed
olive oil
salt and pepper

Pork Brine

3 tablespoons salt
3 cups warm water
2 tablespoons cider vinegar
2 tablespoons brown sugar
1 cup ice cubes

Spice Rub

1 TBS EACH chili powder, garlic powder, brown sugar,
1 tsp EACH salt, cumin, ancho chili powder, onion powder
1/2 tsp EACH smoked paprika, dried parsley, dried thyme
1/4 teaspoon pepper

Chili Dijon Sauce

½ cup Asian sweet red chili sauce
¼ cup Dijon mustard
2 TBS brown sugar
1 tsp reserved Chili Rub

BRINE: In a gallon-size freezer bag, mix salt with warm water. Add the remaining Brine ingredients, followed by pork. Brine for exactly 20 minutes then remove pork from brine and pat dry. The pork becomes mealy if left in the brine any longer.





Chili Dijon Pork Tenderloin (cont.)

CHILI RUB AND GLAZE: Meanwhile, whisk together all the Chili Rub ingredients in a medium bowl. Remove 1 teaspoon Rub to a separate medium bowl and whisk in the Chili Dijon Glaze ingredients. Set aside.

PORK: Preheat oven to 425 degrees F. Whisk together remaining Chili Rub spices with 3 tablespoons olive oil. Rub patted dry pork all over with Rub. Heat 2 tablespoons olive oil in a large nonstick skillet over medium high heat. When oil is very hot and smoking, add pork tenderloins. Sear each side until browned, approximately 1 minute per side. Place tenderloins lengthwise on top of green beans without touching each other. Separate out ¼ cup Chili Dijon Glaze and brush it evenly over pork.

ROAST: Bake until pork registers 145 and 150 degrees F (63 and 65 degrees C) at the thickest part of the tenderloin, 25-30 minutes. This means the pork will be juicy and slightly pink in the middle. When pork is done, let stand 10 minutes before slicing.



Greek Chicken & Veggies

- 4 (5oz) chicken breasts, cut into small cubes
- 2 cups bell peppers, any colors, cut into squares or slices
- 1 medium red onion, cut into squares or slices
- 1 cup of zucchini, broccoli, mushrooms, diced sweet potatoes or plum tomatoes

For the marinade:

- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 2 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried basil or thyme
- 1 teaspoon kosher salt
- ½ teaspoon black pepper



Pre-Heat oven to 450F.

Arrange chicken and veggies on a large sheet pan to create a rainbow pattern.

In a small bowl, combine all the ingredients for the marinade. Brush mixture onto chicken and veggies or toss chicken and veggies in mixture.

Bake for 15-20 minutes or until veggies are charred and chicken is tender.
Remove from oven and cool for 5 minutes before serving.

Serve with rice, quinoa, or with pita and tzatziki sauce.



Mini Meatloaves with Potatoes & Green Beans

For the meatloaves:

- 1lb ground beef
- ½ cup onion, chopped
- 2/3 cup breadcrumbs
- 2 cloves garlic
- 3 TBS ketchup + 4 tsp, divided
- ½ TBS prepared horseradish
- ½ TBS Dijon mustard
- 1 egg
- ½ teaspoon oregano
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 3 oz. white cheddar, diced into 24 cubes
- 2 TBS fresh parsley, chopped
- 2 TBS Parmesan cheese, grated



For the Potatoes:

- 12 oz. red potatoes, quartered
- 1 TBS olive oil
- salt and black pepper

For the Green Beans:

- 8 oz. green beans, trimmed
- 1 tsp olive oil
- salt and pepper



Mini Meatloaves with Potatoes & Green Beans (cont.)

Preheat oven to 400° F. Line a 12 x 17 inch sheet pan with aluminum foil and spray with cooking spray.

Place potatoes on the bottom half of the pan. Drizzle olive oil and sprinkle with salt and pepper. Toss to combine.

In a medium skillet over medium heat, sauté garlic and onion for 2 minutes. Place into a large bowl.

Combine onion mixture, breadcrumbs, 3 tablespoons ketchup and remaining ingredients.

Shape into 8 loaves. Place 3 cubes of cheese into each meatloaf and wrap tightly making sure none of the cheese is exposed. Place onto sheet pans on the upper half of the pan.

In a medium bowl, place green beans and toss with olive oil, salt and pepper. Place green beans in between the meatloaves and potatoes.

Place 1/2 teaspoon of ketchup onto each meatloaf.

Bake in the oven for 20-25 minutes or until the internal temperature of the meatloaves reaches 160° F.