

This is an elegant dinner with a lot of flavor & low fat. Serve this with a fresh salad & a glass of Pinot Grigio, & ooh-la-la, dinner is served! Guaranteed to be a winner!

### Cumin Rubbed Pork Tenderloin

1-2 pound pork tenderloin  
¼ cup Olive oil to saute  
Olive oil to coat tenderloin  
1 TBSP Ground Cumin  
Salt & Pepper to taste  
1 cup vegetable broth  
½ cup of white wine  
4 Tbsp butter

Remove tenderloin from package. Rub enough oil over the tenderloin to coat. Sprinkle tenderloin with ground cumin & salt & pepper to season. Let it sit in the refrigerator for 30-45 minutes. In a large saute pan, heat ¼ cup olive oil. When the olive oil is hot enough, \*\*\*test by adding a drop of water to pan, if it sizzles, it's ready. Place tenderloin in pan & sear all sides. When that is done, remove & place in a roasting pan & cook until internal temperature reaches 150F-155F. While that is in the oven, deglaze pan with white wine, scraping up all the bits of remaining pork. Add vegetable broth. Cook until it reaches a boil, then reduce by half. Whisk in butter & serve on the side as a dressing. Slice the pork & place on the corn pudding at the center of the plate. Drizzle with salsa verde & pork sauce if desired.

### Salsa Verde

½ pound Tomatillas, husked & cut in half  
1 cup broth, vegetable or chicken  
3 cloves of garlic, minced  
½ cup fresh cilantro  
3 green onions, chopped  
1 jalapeno pepper or your favorite spicy pepper  
¼ cup of milk or 2 tbsp heavy cream  
\*\*1 anaheim chile, if fresh-roast over direct flame until charred  
Place in paper bag & remove the charred pepper. Chop & add to them mix.  
Juice of one lime

Add first six ingredients to a small sauce pan & cook until it boils. Reduce to a simmer for 15 minutes then add milk, lime & anaheim pepper. Puree with hand blender.

## Corn Pudding

2 cups of freshly grilled corn from husk  
or 2 cups of hominy pre-cooked, or 1 can of creamed corn  
1 cup of coconut milk  
½ stick of butter  
¼ cup of sugar  
Dash of cinnamon  
Salt & Pepper to taste

Place all of the ingredients in a small sauce pan. Bring to a slight boil. Remove from heat & slightly puree. Keeping some of the kernels in tact for texture.

## Orzo with caramelized Brussel Sprouts, Onions & Bacon

1 Cup of Cooked Orzo, according to boxed directions  
1 Package of fresh Brussel Sprouts, cleaned & cut in half  
1 medium onion, julienned  
3 strips of bacon, cut in 1 inch pieces  
½ stick of butter  
3 Tbsp olive oil  
A bit of aged Balsamic Vinegar to finish plate (optional)  
Salt & pepper to taste

Add bacon & olive oil to pan. When bacon is rendered & crispy, remove bacon pieces & set aside. Next add onions, & butter to pan. Saute onions until caramelized & wilted. Add Brussel Sprouts & cook until tender. Add orzo & bacon pieces & serve. Add a drizzle of balsamic vinegar at the end to add a special touch.