

Greek-Marinated Pork Tenderloin with Tzatziki

Create this delicious dish, packed full of Greek ingredients, where everyone can make their own pork filled wrap. A perfect lunch or dinner!

Preparation Time: marinate (up to 4 hours), 30 min.

Cooking Time: 45 – 60 min

Servings: 6-8

Ingredients:

Amount	Ingredients for Pork Tenderloin:	Cost – date:
1/4 cup	Red wine vinegar	
1/4 cup	Fresh lemon juice	
1/4 cup	Extra virgin Olive Oil	
1 clove	Garlic, minced	
1/2 teaspoon	Dried oregano	
2 teaspoons	Kosher salt	
1/2 teaspoon	Ground black pepper	
2	Pork Loin OR Pork tenderloins (about 1 ¼ pound each), cut into 1 inch (2 x2 cm) pieces	
	Ingredients for Tzatziki:	
1/2	English cucumber, coarsely chopped	
1 1/2 cups	Plain Greek yogurt* replace with dairy free yogurt if needed	
1 tablespoon	Olive oil	
2 teaspoons	Fresh lemon juice	
1 teaspoon	Fresh dill, minced	
To Taste	Kosher salt	
To Taste	Ground black pepper	
Serve on a...	Whole wheat pita bread ** replace with gluten free pita bread if required.	
OPTIONAL	Toppings options for pita...	
	Roma tomatoes, diced into 3/4- inch pieces	
	Can artichoke hearts, quartered	
	Feta cheese, crumbled *replace with dairy free cheese if needed	
	Pitted and sliced Kalamata olives	
	Minced red onion	
	Clove garlic, minced	
	Dried oregano	
	Minced fresh dill	
	Salt & pepper (to taste)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

- For the pork marinade, place the vinegar, lemon juice, olive oil, garlic, oregano, salt, and pepper into a large sized ziploc bag. Close the bag and use hands to mix the marinade together in the bag. Add the cut up pork pieces and marinate for up to 4 hours. Allow pork to sit at room temperature for 30 minutes before cooking. Preheat oven to 350 F.
- Bake the pork in a 350 F oven for 45 – 60 min. Test pork to ensure cooked to internal temperature of 145 F (could also cook the loin whole on a grill at medium heat for 20-30 minutes, rotating the pork

every ten minutes or so.) Allow the pork to rest for 5 minutes. If cooked whole – allow to rest 10 minutes before cutting into 1/2 inch-thick slices.

3. For the tzatziki, place the diced cucumber in a food processor and pulse until finely chopped. In a mixing bowl, mix together the cucumber, yogurt, olive oil, lemon juice, and dill. Season with kosher salt and pepper to taste. Transfer to a serving bowl and refrigerate for at least an hour before serving.
4. For the optional toppings – have bowls of different toppings available to customize pita – tomatoes, artichokes, feta, olives, onion, garlic, oregano, and dill. Season to taste.
5. To serve, place a few slices of pork in the middle of the pita and add some toppings and tzatziki sauce on top. Fold up pita and enjoy!

NOTE: The recipe online, includes a recipe for a **Tomato and Artichoke Salad (optional)**.

Recipe Source - modified from: www.gatheranddine.com/greek-marinated-pork-tenderloin-tzatziki/

Thanks for coming to Forestbrook Community Church this evening. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Then Jesus said, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’” (John 6:35)

Connections Cafe recipe – November 18, 2021