

# Balsamic Grilled Mushrooms

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 5 cups Mushrooms (halved)
- 2 tbsps Balsamic Vinegar
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)

## DIRECTIONS

- 01 Stir all the ingredients together and let marinate for at least 15 minutes.
- 02 Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
- 03 Remove from the grill and enjoy!

## NOTES

### LEFTOVERS

Keeps well in the fridge for 3 to 4 days in an airtight container.

### NO GRILL

Saute them on the stovetop instead.

# Crispy Pork Tenderloin

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 tbsp Dijon Mustard
- 1 lb Pork Tenderloin (fat trimmed, patted dry)
- 2 tbsps Brown Rice Flour
- 1 tsp Sea Salt
- 1 tsp Ground Sage
- 2 tbsps Extra Virgin Olive Oil

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Spread the mustard over the pork tenderloin until evenly coated.
- 03 In a shallow bowl, combine the flour, salt and sage. Press the pork tenderloin into the flour mixture until completely covered.
- 04 Heat the oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
- 05 Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
- 06 Remove from the oven, cover with foil and let it sit for 5 to 10 minutes before serving. Slice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO BROWN RICE FLOUR

Use all-purpose flour, white rice flour, whole wheat flour, breadcrumbs or crushed crackers.

### NO EXTRA VIRGIN OLIVE OIL

Use coconut oil, sunflower seed oil, avocado oil or grapeseed oil instead.

### MORE FLAVOR

Add your choice of spices to the flour mixture.

### ADDITIONAL TOPPINGS

Top with cherry tomatoes, olives, feta, red onion and/or your favorite salad dressing.