

SATURDAY MARKET



Floribbean "Pulled" Pork Salad with Mango-Citrus Vinaigrette

Makes: 4 Dinner Salads

Ingredients:

1 (1.5-pound) lean, boneless, pork tenderloin, trimmed

Spice Paste:

2 Tablespoons light brown sugar, packed
1 teaspoon garlic, minced
3/4 teaspoon kosher salt
1/2 teaspoon ground black pepper
1/4 teaspoon chili powder
1/8 teaspoon ground cinnamon

Mango-Citrus Vinaigrette:

1/2 cup orange juice
1/2 cup mango peeled, pitted and cubed
2 Tablespoons white balsamic vinegar
1 Tablespoon extra virgin olive oil
1 Tablespoon thinly-sliced green onion
2 teaspoons honey
Salt and pepper to taste

Salad:

1 (10-ounce) package pre-washed, chopped lettuce
1 (15-ounce) can black beans, rinsed and drained
1+1/2 cups mango, peeled, pitted, and cubed

Garnish:

Thinly-sliced green onion
Toasted, shredded coconut

Preparation:

Spray a large, nonstick skillet with cooking spray and preheat over medium heat. Cut pork tenderloin into 1-inch thick rounds. In a small bowl, combine spice paste ingredients. Rub spice paste over pork rounds and sear in preheated skillet for 6-8 minutes, turning regularly to brown all sides, until cooked thoroughly. Remove pork to a plate and cover with foil to rest for 5 minutes. Shred pork with 2 forks.

Blend all Mango-Citrus Vinaigrette ingredients in a small food processor until smooth.

To assemble salad: Divide lettuce between 4 serving plates. Top lettuce evenly with black beans and mango cubes. Mound shredded pork decoratively into the center of each salad. Spoon over with prepared Mango-Citrus Vinaigrette. Garnish with green onion and/or coconut.

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