

Grilled Pork Tenderloin or Chicken Breast with Texas Peach and Wheatberry Salad

Recipe Note: Texas peach season runs from Mid-May through mid-August. Most grocery stores as well as local farmers markets offer local Texas peaches available for purchase. Using lean pork tenderloin or chicken breast provides a source of high with low saturated fat. Brining the meat ensures a moist & flavorful eating experience especially when using low fat meats.

Yield: 4-6 servings

Ingredients:

- **Pork Tenderloin** (Silver-skin removed)- 2 each or **Boneless Chicken Breast**- 4 each
- **Sweet Citrus Brine**- enough to cover meat, *see recipe below*
- **Olive Oil** for grilling- as needed
- **Ground Black Pepper**- as needed to taste preference
- **Texas Peach and Wheatberry Salad**, 5-6 oz per serving, *see recipe below*

Brining & Grilling Procedure:

- 1) Brine the pork or chicken for 2-3 hours
- 2) Preparing a charcoal grill is best but a gas grill will do just fine. Season the grill grates by brushing them with a light amount of vegetable oil.
- 3) Brush the pork or chicken with olive oil, season with black pepper and place onto the hot grill. After 6-8 minutes, turn the meat 45 degrees for nice grill marks. After another 6-8 minutes, flip the meat and continue grilling until meats are firm to the touch or internal temperatures of 150 degree for pork or 165 degree for chicken.
- 4) While grilling, you can brush the meat with a bit of the sweet brine to help glaze the meat but do not brush brine on after removing from the grill for proper food sanitation standards.
- 5) Remove meat from the grill and let rest 2-3 minutes so the juices don't run out when slicing. Slice the meat using bias or angle cuts about ½ inch thick.
- 6) Spoon the salad onto a plate and shingle the meat over the salad. Drizzle a bit of olive oil onto the meat to "shine" before serving.

Sweet Citrus Brine:

- Water- 2 cup
- Rice Vinegar- ¼ cup
- Fresh Juice & Zest from Two Oranges (1/4 cup orange juice)
- Agave Syrup or Honey- 1/3 cup (1/4 cup granulated sugar can also be used)
- Kosher Salt- ¼ cup
- Ground Black Pepper- 1 tsp

-Mix all & reserve to brine the pork or chicken

Texas Peach & Wheatberry Salad:

- Fresh Local Texas Peaches, pitted & ½ inch diced- 10 oz (2-3 peaches)
 - Fresh Mango, peel & dice ½ inch- 4 oz (1 mango)
 - Green Poblano Pepper, ¼ inch diced- 4 oz
 - Sweet Onion (Texas 1015), ¼ inch diced- 2 oz
 - Sweet Red Bell Pepper, ¼ inch diced- 3 oz
 - Wheatberries, cooked- 8 oz (simmer 4 oz dry wheatberries in water until al dente cooked)
 - Fresh Cilantro or Basil, rough chop- 2 Tbsp
 - Fresh Lemon or Lime Juice- 1 fl oz
 - Agave Syrup or Honey- 1 fl oz
 - Kosher Salt- to taste
- Gently mix all ingredients and reserve for cooked pork or chicken