

# Caribbean Pork with Avocado Pineapple Salsa

Recipe adapted from [Martha Stewart](#)

Makes 5 servings

Here is one savory way to enjoy cinnamon! The sweetness of the pineapple along with the creamy avocado are perfect with the spicy pork tenderloin! Plus this is a quick and simple dish!

## Ingredients

- 1 tablespoon light-brown sugar
- 1 teaspoon sea salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground pepper
- 2 pork tenderloins  
(about 12 ounces each)
- 1 tablespoon olive oil

## Salsa

- 1 cup diced pineapple
- 2 thinly sliced scallions or  
1 Tbsp chopped chives
- 1 diced avocado
- Coarse salt and freshly ground pepper



## Directions

In a small bowl, combine light-brown sugar, salt, cinnamon, cumin, allspice, and ground pepper.

Rub spice mixture all over tenderloin.

Preheat oven to 425 degrees.

Heat olive oil in an oven safe skillet over medium high heat. Sear pork tenderloin for about 5 minutes on each side, then place into pre heated oven. Bake until internal temperature reaches 145 degrees. This will take about 10 minutes.

Let rest 5 to 10 minutes before slicing thinly. Make the salsa while the tenderloin is resting.

**Salsa:** Chop pineapple into small pieces, and add to a small bowl along with scallions and avocado. Season with salt and pepper; toss gently to combine.

Slice the pork tenderloin and serve topped with some of the salsa.

**Per serving:** 270 calories, 12g fat, 2g saturated fat, 90mg cholesterol, 540 mg sodium, 12g carbohydrates, 4 g fiber, 30g protein