

Pomegranate and Chile Glazed Pork Carnitas

SERVES 8

- 1 cup pomegranate or cranberry juice
- 2 tablespoons pomegranate molasses
- 1 tablespoon pureed canned chipotle in adobo
- Kosher salt and freshly ground black pepper
- 2 tablespoons ancho chile powder
- 1 teaspoon ground coriander
- 2 pounds pork tenderloin
- 2 tablespoons canola oil
- 1 head of Boston lettuce, separated into leaves
- ½ cup Pickled Red Onions (page 32)
- 1½ cups Guacamole (page 25)
- ¼ cup pomegranate seeds

PER SERVING: Calories 259; Protein 24g; Carbohydrates 14g; Dietary Fiber 2g; Sugar 9g; Total Fat 12g; Saturated Fat 2g

Carnitas, those juicy, perfectly fried crunchy pieces of pork served in every Mexican restaurant across the country, are simply delicioso—and pretty caloric. Here is a version that has all of the same flavors but uses a leaner cut of meat, the tenderloin. Another way to make this dish fit-friendly is to use tender leaves of Boston lettuce to wrap the morsels of pork in place of the traditional tortillas. There's no substitute for smooth guacamole, though, so that stays in place, with pickled red onions and ruby pomegranate seeds to finish the dish in style.

1. In a small saucepan, combine the pomegranate juice, molasses, and chipotle, season with salt and pepper, and bring to a boil over high heat. Cook until reduced by half, about 15 minutes. Remove from the heat.
2. Preheat the oven to 425°F.
3. In a small bowl, mix together the chile powder, coriander, 2 teaspoons salt, and ½ teaspoon pepper. Season the loin with the spice mix, rubbing it in so that it adheres, and let sit at room temperature for 15 minutes.
4. Heat the oil in a large ovenproof nonstick sauté pan or cast-iron pan over high heat. Sear the pork on all sides until a crust forms, about 2 minutes per side. Transfer to the oven and cook until medium, (an internal temperature of 145°F), about 12 minutes.
5. Transfer the pork to a cutting board, tent loosely with foil, and let rest for 10 minutes. Cut into 1-inch dice and toss in the pomegranate sauce.
6. Serve the pork in lettuce leaves topped with pickled red onions, guacamole, and pomegranate seeds.

