

Cedar Plank Pork Loin

**Prep Time:**

10 min

Total Time:

1 hr 10 min

Makes:

8 servings

1 untreated cedar plank (14x7x1 inch)

1/2 cup KRAFT or BULL'S-EYE Original Barbecue Sauce

1/4 cup teriyaki sauce

Grated peel of 1 medium orange

1 Tbsp. oil

1 boneless pork loin (2 lb.)

IMMERSE the plank in water, placing a weight on top of the plank to keep it submerged. Soak at least 4 hours or overnight.

PREHEAT grill to medium heat. Mix barbecue sauce, teriyaki sauce and orange peel until well blended. Remove half of the barbecue sauce mixture; set aside for serving with the cooked meat. Brush plank with oil; top with meat. Place on grate of grill; cover with lid.

GRILL 1 hour or until meat thermometer inserted into the thickest part of the meat registers 150°F, turning and brushing with the barbecue sauce mixture for the last 20 min. of the grilling time. Discard any remaining sauce used for brushing. Remove meat from grill; cover loosely with foil. Let stand 10 min. until the internal temperature is 160°F. Discard cedar plank. Cut the meat into thin slices. Serve with the reserved barbecue sauce mixture.

Kraft Kitchens Tips - How to Grill Pork Perfectly

Pork should be cooked to an internal temperature of 160°F. Grill until the internal temperature reaches 150°F, then remove from heat and let stand 10 min. The temperature will rise about 10°F during the standing time.

Cooking Know-How

UNTREATED cedar planks, which are sold for this purpose, can be found at most specialty food stores or some grocery or hardware stores. During cooking, check periodically to make sure that the plank is not on fire. Since the plank can ignite when exposed to flames, it is best to keep a spray bottle of water close at hand if needed to extinguish any flames.

Jazz It Up - Garnish platter with orange slices or wedges just before serving.

Nutritional Information

Calories 170

Total fat 4 g

Saturated fat 1.5 g

Cholesterol 65 mg

Sodium 600 mg

Carbohydrate 6 g

Dietary fiber 0 g

Sugars 4 g

Protein 24 g

Vitamin A 0 %DV

Vitamin C 4 %DV

Calcium 0 %DV

Iron 8 %DV