

Hey Maria!

with
CHEF
MARIA
RUPENA



Episode 4

Grilled Pork Tenderloin

2	fresh pork tenderloins
1 cup	olive oil
¼ cup	red wine vinegar
1 cup	finely chopped red onion
2	chopped green onions
½ cup	fresh parsley
	rupena's seasoning

Fillet the pork tenderloins and then place them into a plastic bag. Add the olive oil and red wine vinegar, red onion, and 2/3 of the parsley. Close the bag and mix everything together. Place the bag in the refrigerator.

After 1 hour, preheat the grill and take the bag out of the refrigerator. Grill on high heat until done. Place the meat onto a cutting board and slice into 1" strips. Place into serving dish, and drizzle a little more olive oil over the top for more flavor. Sprinkle green onion and remaining parsley on top.

Ginger Garlic Sauteed Green Beans

6 cups	fresh green beans
2 Tbsp	olive oil
1 tsp	whole cumin seed
1 Tbsp	ginger garlic paste
1 Tbsp	brown sugar
1 Tbsp	lemon juice

Heat the olive oil into a large pan. After it heats up, add the cumin seed and ginger garlic paste. Saute for about a minute; the cumin seeds should be popping. Add the green beans and toss them until tender. Then the heat down to medium, add brown sugar and lemon juice, and toss until the brown sugar has turned into a syrup and has coated the green beans.

Add black pepper to taste, and place into serving bowl. Sprinkle sesame seeds or cumin powder on top.

Baked Sweet Potato Wedges

Preheat oven to 450 degrees. Wash and scrub the sweet potatoes very thoroughly. Cut off bad spots if necessary. Cut the potatoes into wedges.

Spray a large baking sheet with a non-stick vegetable spray, then place the potatoes into a tray. Spray the tops of the potatoes with a garlic spray, then sprinkle a Rupena's seasoning over it. Bake at 450 degrees for 10 minutes.

About Rupena's Fine Foods

www.rupenas.com

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