



Roasted Pork Loin and Vegetables

Serves 4

Once you get this easy-to-assemble dinner in the oven, you can sit back and relax. A small amount of brown sugar and apple juice sweeten the pork, and the vegetables get a lot of flavor from the pan juices.

Cooking spray

- 1 1-pound boneless center-cut pork loin roast or pork tenderloin, all visible fat discarded
- 1 tablespoon frozen apple juice concentrate, thawed
- 1 ½ teaspoons light brown sugar
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons dried oregano, crumbled
- 1 ½ teaspoons dried thyme, crumbled
- 1 ½ teaspoons paprika
- ½ teaspoon pepper
- 2 small red potatoes, cut into ½-inch cubes
- ½ cup baby carrots
- ½ cup bite-size cauliflower florets
- ½ small zucchini, cut into ½-inch cubes
- ¼ small red onion, cut into ½-inch dice

1. Preheat the oven to 375F. Lightly spray a 13x9x2-inch baking pan with cooking spray.
2. Brush the pork on all sides with the apple juice concentrate.
3. In a small bowl, stir together the brown sugar, garlic powder, oregano, thyme, paprika, and pepper. Set aside 1 teaspoon of this mixture. Spread the remaining mixture all over the pork, pressing so it adheres. Put the pork in the baking pan.
4. In a medium bowl, stir together the potatoes, carrots, cauliflower, zucchini, onion, and reserved 1 teaspoon brown sugar mixture. Place around the pork. Lightly spray the pork and vegetables with cooking spray.
5. Bake for 55 minutes to 1 hour for the pork loin roast (40 to 45 minutes for the pork tenderloin), or until the pork registers 160F on an instant-read thermometer and the vegetables are tender when pierced with a fork. Cover the pan loosely with aluminum foil. Let stand for 5 minutes before slicing the pork.

Nutritional Analysis

Serving Size: 3 ounces pork and ½ cup vegetables per serving

Calories	227
Fat	8g
Saturated Fat	3g
Trans Fat	0g
Polyunsaturated Fat	1g
Monounsaturated Fat	3.5g
Cholesterol	64mg
Sodium	62mg
Carbohydrates	27g
Dietary Fiber	3g
Sugars	6g
Protein	24g

Dietary Exchanges: 1 carbohydrate, 3 lean meat