

Apple Glazed Pork Loin

Serving Size: 2 - 3oz slices w/ 2 tablespoons sauce

Serves: 6

Ingredients

3 pound pork loin
2 tablespoons olive oil
1 clove garlic, minced
2 tablespoons fresh rosemary, finely diced
2 tablespoons fresh parsley, finely diced

½ small onion, diced
2 apples, 1 red and 1 green, cored and sliced
1 clove garlic, minced
¼ cup almonds, chopped
¼ cup dried cranberries, diced
¼ cup red grapes, halved
1 cup low sodium vegetable broth
3 tablespoons sugar free apple jelly
1 teaspoon cornstarch mixed in ¼ cup cold water

Directions

Preheat the oven to 350 degrees.
Rub the pork loin with olive oil and the minced garlic. Combine the rosemary and parsley and reserve half of the mixture for garnish. Pat the pork loin with the other half of the rosemary/parsley mixture. Sear the outside of the seasoned pork loin in a heated skillet until evenly browned on each side. Finish in the oven for about 20-25 minutes or to an internal temperature of 170. Cooking times may vary. While the pork loin is cooking, prepare the ingredients for the sauce. Remove the pork loin and set aside.

Directions for the Apple Glaze

Heat the oil in a medium saucepan over medium heat. Add the onion and sauté until tender. Add the apples, garlic, almonds, cranberries, and grapes; sauté and stir about 1 minute. Add the vegetable broth and apple jelly and bring to a boil. Stir in the blended cornstarch and water and return to a boil stirring constantly.

Slice the pork loin. Top with a little sauce, garnish with the reserved herb mixture and serve.

Exchanges per serving:

6 Lean Meats, 1 Starch, 1 Fat

Nutrients per serving:

Calories: 494

Calories from fat: 218

Total Fat: 24g

Saturated Fat: 8g

Cholesterol: 121mg
Sodium: 105mg
Carbohydrate: 17g
Dietary Fiber: 4g
Protein: 50g