

Pumpkin Stuffed Pork Loin

Serving Size: ¼ of recipe

Serves: 4

Ingredients

2 tablespoons melted butter
½ small yellow onion, diced
1 cup fresh pumpkin, diced
1 teaspoon Splenda
Pinch of cinnamon and nutmeg
1 small granny smith apple, cored and diced
2 tablespoons fresh parsley
1/2 teaspoon ground black pepper
Dash of salt
1 section of pork loin at least 4 inches long

Directions

1. Melt the butter over medium heat. Add the onion and sauté until soft.
2. Add the pumpkin and apple and sauté about 1 minute. Season with Splenda, cinnamon and nutmeg.
3. Add the parsley and sauté just until soft. Add the pepper and salt.
4. Set the stuffing aside. Cut the pork loin horizontally down one side.
5. Stuff the slit with the pumpkin mixture and secure the loin with cotton butcher string.
6. Sear the outside of the loin in a hot skillet.
7. Then bake in a 350 degree oven for 20 - 30 minutes until the pork is done and an internal temperature of 165 degrees.

Exchanges per serving:

4 Lean Meats, 2 Vegetables

Nutrients per serving:

Calories: 246

Calories from fat: 86

Total Fat: 10g

Cholesterol: 97mg

Sodium: 131mg

Total Carbohydrate: 9g

Dietary Fiber: 1g

Protein: 30g