

Roasted Pork Loin with Mango Salsa

Serving size: 1/4 of recipe

Serves: 4 (with extra salsa)

Mango Salsa

2 tablespoons extra-virgin olive oil

Juice of 1 lemon

2 tablespoons orange marmalade

Pinch of salt and black pepper

1 teaspoon ground cumin

1 large mango, peeled and diced, about 1 cup

1 cup grape tomatoes, diced

3 green onion tops, diced (put the bulbs in the pan with the pork.)

1 clove garlic, minced

1 jalapeno pepper, seeded and diced

2 tablespoons cilantro, diced

Pork Loin

1 tablespoon extra-virgin olive oil

½ teaspoon salt

¼ teaspoon coarse black pepper

¼ teaspoon garlic powder

1 pound pork loin

1 medium onion, chopped

2 cloves garlic, minced

3 stalks celery, chopped

3 tablespoons fresh parsley, chopped

Directions

In a medium mixing bowl combine the oil, lemon juice, marmalade, salt, pepper and cumin. Stir to thin the marmalade until blended. Stir in the remaining salsa ingredients and set aside to flavor. In a large Dutch oven or roasting pan, heat the oil over high heat. Season the pork loin with salt, pepper and garlic powder. Sear the pork loin on two sides until lightly browned, about 10 minutes. Remove to a plate. Combine the chopped onion, garlic, celery and parsley and lay them in the bottom of your roasting pan. Place the browned pork loin on the vegetables and bake uncovered at 350 degrees for about 25-30 minutes or to an internal temperature of 145 degrees. Remove to a warm platter, cover loosely with foil and let stand for 10 minutes before slicing. Add some vegetable broth to the vegetables in the roasting pan and scrape them up from the bottom to make a savory au jus. Warm this on the top of the stove to serving temperature. Slice the pork loin and top with the mango salsa. Umm! Serve the au jus over a side of brown rice.

Exchanges per serving

3 Lean Meats, 1 Vegetable, 1 Fruit, 3 Fats

Nutrients per serving

Calories: 390

Calories from fat: 207

Total Fat: 23g

Cholesterol: 66mg

Sodium: 377mg

Total Carbohydrate: 23g

Dietary Fiber: 3g

Protein: 25g