

Apple-Topped Pork Loin

Serving Size: 2 ½ to 3 oz

Serves: 12

Ingredients:

2 tablespoons gingerbread crumbs
1 teaspoon caraway seeds
1 teaspoon ground mustard
¾ teaspoon salt
¼ teaspoon rubbed sage
¼ teaspoon pepper
1 (4 pound) boneless pork loin roast
2 tablespoons olive or vegetable oil

APPLE TOPPING:

1 ½ cups finely chopped peeled tart apples (Granny Smith or Pink Lady Apples)
½ cup packed brown sugar
¼ teaspoon salt
¼ teaspoon ground cinnamon
⅛ teaspoon ground mace

Directions:

1. In a small bowl, combine the first seven ingredients; rub over roast. In a large skillet, heat oil; brown roast on all sides. Place on a rack in a shallow baking pan. Bake uncovered, at 325 degrees F for 1-1/2 hours.
2. Combine the topping ingredients; spread over top of roast. Bake 1 to 1-1/2 hours longer or until a meat thermometer reads 160 degrees F. Let stand for 10 minutes before slicing.

Exchanges per serving:

2 ½ Lean Meat; ½ Fat; ½ Other Carbohydrates

Nutrients per serving:

Calories: 197

Calories from fat: 35.6%

Total Fat: 8g

Cholesterol: 47mg

Sodium: 51mg

Total Carbohydrate: 12g

Dietary Fiber: Trace

Protein: 19g