



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Roast Loin of Pork

Adapted from Ina Garten

3 pound boneless pork loin, raw
Kosher salt and pepper to taste
¼ cup olive oil
1 tbsp fresh rosemary, minced
2 tbsp Dijon mustard
2 cloves garlic, minced

Instructions:

Preheat oven to 425 degrees. Season pork generously with salt and pepper. Mix together olive oil, rosemary, Dijon mustard and garlic and spread over pork loin with hands. Allow pork to sit with Dijon marinade at room temperature for 15 minutes. Cook for 30-50 minutes, until a thermometer registers 160 degrees in the thickest part of the loin or until desired doneness (see note). Let pork rest 10 minutes before slicing.

Notes:

- The USDA recommends cooking pork to 160 degrees to prevent foodborne illness. You will often see recipes recommending to cook pork to only 140-150 degrees; use your best judgment when deciding how long to cook the pork.

Yield: 8-4 ounce servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 290 calories	PROTEIN: 38 g	SODIUM: 415 mg (1 tsp salt assumed)
	CARBOHYDRATE: 1 g	FIBER: 0 g
	FAT: 14 g	Sat Fat: 3 g

MAKE IT A MEAL:

Protein: 1 serving roast pork (about 4 ounces)

Starch: ½ large sweet potato (80 calories)

Starch Toppings: top potato with 1 tbsp raisins, 1 tbsp maple syrup and 2 walnut halves, chopped (120 calories)

Vegetable: 2 cups steamed broccoli (55 calories)

COOKING TIP

-Sweet potato can be baked with the skin on; prick with a fork before baking. It can be cooked with the pork, but will take ~45 minutes to cook or even a little longer, depending on the size.

GROCERY SHOPPING LIST

3 pound pork loin, raw
Fresh rosemary sprigs
Garlic bulb
Sweet potatoes
Raisins
Maple syrup
Walnuts
Condiments: olive oil; Dijon mustard; salt; pepper

USE OF LEFTOVERS

-Make tacos using leftover pork: fill 6" corn tortillas with shredded cabbage, guacamole and salsa.