A Kansas SNAP-Ed EZ Does it Recipe

Pork Loin Roast with Vegetables

Servings: 6-8

Ingredients:
2 cups onions, cut in wedges
   (about ½ pound or 2 medium)
2 cups potatoes, diced
   (about 12 ounces or medium)
2 cups baby carrots
   (or ¾ pound regular carrots, sliced)
2 tablespoons vegetable oil (divided)
1¼ pounds pork loin
1 tablespoon brown sugar
½ teaspoon garlic powder
½ teaspoon pepper
¼ teaspoon salt

Directions:
1. Preheat oven to 400°F.
2. In a bowl mix veggies with 1 tablespoon oil; salt and pepper to taste.
3. Use a small bowl to make the rub. Mix the brown sugar, garlic, ½ teaspoon pepper, and ¼ teaspoon salt in the bowl.
4. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. **Wash your hands after handling the raw meat.**
6. Transfer the pork to the center of the pan with veggies. Cover and bake for about 45 minutes. **A meat thermometer should read 145°F.**
7. Remove from oven. Let set for 5 minutes. Slice and serve.

Nutrition Facts: Each one cup serving provides 225 Calories, 10g Total Fat, 2g Saturated Fat, 171mg Sodium, 19g Total Carbohydrate, 3g Dietary Fiber, 16g Protein

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.