Roasted Pork Loin

INGREDIENTS:
2 lb. 4 oz. Boneless Pork Loin
1 tsp Salt
1 Tbsp Oregano
1 tsp Black Pepper
1 tsp Fresh Parsley, Chopped

METHOD OF PREPARATION:

1. Trim fat off pork loin.
2. Coat with 1 tsp salt, oregano, and ½ tsp black pepper.
3. Sear all sides of pork loin on grill or sauté pan until browned.
4. Cook in oven at 350°F for 15 minutes until pork reaches internal temperature of 165°F.
5. Pull out and let rest for 15 minutes.

NOTE: To serve with Beans & Lentils, spoon mixture on a platter or nice baking dish and arrange slices of Pork Loin on top of mixture. Garnish with chopped parsley. Serve with Cherry Chutney on the side.

SERVES: 6 – 4 oz. portions

NUTRITION: 270 Calories, 15 g Fat, 6 g Saturated Fat, 0 g Trans Fat, 90 mg Cholesterol, 440 mg Sodium, 0 g Carbohydrate, 0 g Dietary Fiber, 31 g Protein

ALLERGENS: None