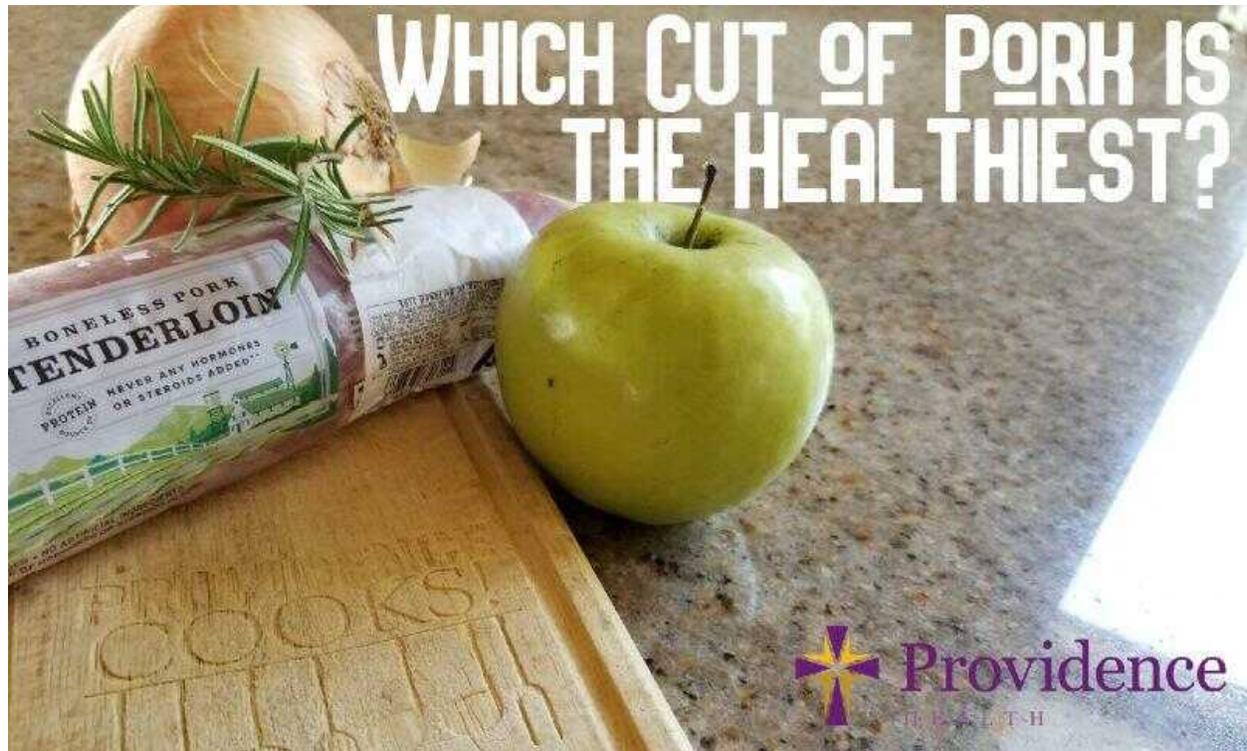


Not All Pork Is Healthy... but THIS dish is!

1-Pan Pork Loin with Fruits and Veggies

-- By Kay MacInnis, Registered Dietitian at Providence Health



Looking for something for supper? Gotta love a one pan recipe – less things going on at once and less dishes to clean after. Plus, you can often put it all together and then relax while it cooks. This particular dish reminds me of the roast my mom used to fix with veggies and meat in one pan, only this one is healthier.

Pork varies in nutritional value. The general rule for pork is to buy a piece with the word “loin” in the title of the cut. The loin is a leaner section of the pork, and leaner meat is healthier. Pair this recipe with mashed sweet potatoes and you will have a great meal! Trust me...this one is YUMMY!!!

Pork Loin with Brussels and Apples

Recipe Source: The Real Food Dietitians

Ingredients:

- 1 – 1 ¼ lb. pork loin*, patted dry (Use a loin that isn't super thick – about 3 inches in diameter works best for proper cook times)
- 2 Tbsp. Dijon or spicy brown mustard
- 2 Tbsp. olive oil or avocado oil, divided

- 1 Tbsp. maple syrup
- 2 cloves garlic, finely minced
- 1 Tbsp. fresh rosemary, chopped (or 1 tsp. dried crushed rosemary)
- 2 tsp. fresh thyme leaves (or 3/4 tsp. dried thyme leaves)
- 3/4 tsp. salt, divided
- 3/4 tsp. black pepper, divided
- 1 lb. Brussels sprouts, trimmed and cut in half if large
- 2 medium apples cut into 3/4-inch chunks
- 1 small red onion, cut into 1/2-inch thick slices

Preparations:

1. Preheat oven to 400°F.
2. Line a large rimmed baking sheet with parchment paper or a silicone baking mat.
3. To make the rub, combine mustard, 1 Tbsp. oil, maple syrup, garlic, rosemary, thyme, 1/2 tsp. salt, and 1/2 tsp. pepper in a small bowl.
4. Place the pork in the center of the baking sheet and rub with the mustard mixture, coating all sides.
5. Add all the veggies and fruit to the baking sheet around the pork loin. Drizzle vegetables with 1 Tbsp. oil, sprinkle with 1/4 tsp. each of salt and pepper and toss well to coat.
6. Bake, uncovered, for 25-30 minutes, tossing vegetables halfway through. Pork loin is done when an instant-read thermometer inserted into the thickest part reads 140°F.
7. When pork is done, remove the baking sheet from the oven, tent loosely with foil and allow to rest for 5 minutes before slicing pork and serving with roasted veggies.

Nutrition Information: 343 cal, 13 g fat, 20 g carb, 36 g protein, 606 mg sodium

Join Kay MacInnis, Registered Dietitian, for her monthly award-winning Providence Cooks! cooking classes in Columbia, SC. The class tackles various dietary hurdles by creating, with her team of chefs, a multi-course gourmet meal that promotes health and fits within dietary restrictions. All guests enjoy the healthy sit-down meal with live Q&A from Kay, the chefs, and other special health expert guests. It's a must-try for people interested in healthy eating without losing the flavor and joy of eating.

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