



## Roast Pork with Apples & Onions

*Makes 8 servings. Recipe from Taste of Home.*

### Ingredients

- 1 boneless pork loin roast (2 pounds)
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 1 tablespoon olive oil
- 3 large Golden Delicious apples, cut into 1-inch wedges
- 2 large yellow onions, cut into  $\frac{3}{4}$ -inch wedges
- 5 garlic cloves, peeled
- 1 bunch fresh rosemary

### Nutritional info per serving

Calories:	210
Total Fat:	7g
Carbohydrate:	14g
Cholesterol:	57mg
Sodium:	109mg
Protein:	23g

### Directions

1. Preheat oven to 350°F.
2. Sprinkle roast with salt and pepper. In a large nonstick skillet, heat oil over medium heat; brown roast on all sides.
3. Transfer to a roasting pan coated with cooking spray. Place apples, onions and garlic around roast; sprinkle with 1 tablespoon of minced fresh rosemary.
4. Roast until a thermometer inserted in pork reads 145°, 45-55 minutes, turning apples, onion and garlic once. Remove from oven; tent with foil. Let stand 10 minutes before slicing roast.
5. Garnish with springs of rosemary & serve with apple mixture.