

Pork

Roast Pork Loin with Red Cabbage, Apples and Onions

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Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 20 minutes

2 1/2 pounds red and yellow onions, cut into 1/2-inch wedges

1/2 head red cabbage, cut into wedges

10 cloves garlic

3 tablespoons olive oil

salt

5 slices white bread, torn into pieces

2 tablespoons fresh sage, coarsely chopped

ground black pepper

1 3-pound pork center loin roast

1/4 cup Dijon mustard

2 pounds apples (Granny Smith, Rome or Empire), halved, cored and cut into thirds

1 tablespoon cider vinegar

fresh sage leaves (optional)

In a large roasting pan, toss together the onion wedges, cabbage, six garlic cloves and two teaspoons of the olive oil. Sprinkle with salt.

Peel and coarsely chop the remaining garlic cloves.

In a food processor or blender, combine the chopped garlic, bread and chopped sage. Cover and process until crumbs form. Season with salt and pepper. Set the crumb mixture aside.

Preheat the oven to 450 degrees.

Sprinkle the pork with salt and pepper.

In a large skillet, heat the remaining oil over medium-high heat.

Add the pork to the skillet. Cook about 5 minutes or until browned on all sides. Place the pork, fat side up, in the center of the roasting pan on top of the onion mixture. Spread mustard on top of the pork. Sprinkle the bread crumb mixture on the mustard, pressing to adhere. Insert a meat thermometer into the center of the roast.

Roast for 20 minutes. Reduce the oven temperature to 400 degrees.

Add the apples to the pan. Roast for 1 to 1 1/4 hours more or until the thermometer registers 155 degrees. Cover the roast loosely with foil if the crumbs begin to brown too quickly.

Remove the pork from the roasting pan. Cover with foil and let stand for 15 minutes before carving.

Drizzle the vegetables with vinegar. Season with salt and pepper and, if desired, extra vinegar.

Cut the pork into 1/2-inch slices. Serve the pork slices on the onion mixture.

Garnish with fresh sage leaves, if desired.

Per Serving (excluding unknown items): 133 Calories; 8g Fat (53.1% calories from fat); 3g Protein; 13g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 239mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.