

Sunday Pork Roast with Vegetables

Serves 4; 3 ounces pork and 1/2 cup vegetables per serving

Once you get this easy-to-assemble dinner in the oven, you can sit back and relax. A small amount of brown sugar and apple juice sweeten the pork, and the vegetables get a lot of flavor from the pan juices.

Cooking spray

1 1-pound boneless center-cut pork loin roast or pork tenderloin, all visible fat discarded

1 tablespoon frozen apple juice concentrate, thawed

1 1/2 teaspoons light brown sugar

1 1/2 teaspoons garlic powder

1 1/2 teaspoons dried oregano, crumbled

1 1/2 teaspoons dried thyme, crumbled

1 1/2 teaspoons paprika

1/2 teaspoon pepper

2 small red potatoes, cut into 1/2-inch cubes

1/2 cup baby carrots

1/2 cup bite-size cauliflower florets

1/2 small zucchini, cut into 1/2-inch cubes

1/4 small red onion, cut into 1/2-inch dice

Preheat the oven to 375°F. Lightly spray a 13x9x2-inch baking pan with cooking spray.

Brush the pork on all sides with the apple juice concentrate.

In a small bowl, stir together the brown sugar, garlic powder, oregano, thyme, paprika, and pepper. Set aside 1 teaspoon of this mixture. Spread the remaining mixture all over the pork, pressing so it adheres. Put the pork in the baking pan.

In a medium bowl, stir together the potatoes, carrots, cauliflower, zucchini, onion, and reserved 1 teaspoon brown sugar mixture. Place around the pork. Lightly spray the pork and vegetables with cooking spray.

Bake for 55 minutes to 1 hour for the pork loin roast (40 to 45 minutes for the pork tenderloin), or until the pork registers 160°F on an instant-read thermometer and the vegetables are tender when pierced with a fork. Cover loosely with aluminum foil. Let stand for 5 minutes before slicing the pork.

NUTRITION ANALYSIS (per serving)

Calories	227	
Total Fat	8.0 g	
Saturated Fat	3.0 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	1.0 g	
Monounsaturated Fat	3.5 g	
Cholesterol	64 mg	
Sodium	62 mg	
Carbohydrates	14 g	
Fiber	3 g	
Sugars	6 g	
Protein	24 g	

Dietary Exchanges: 1 carbohydrate, 3 lean meat

This recipe is brought to you by the American Heart Association's Patient Education program. Recipe copyright © 2009 by the American Heart Association. Look for other delicious recipes in [American Heart Association cookbooks](#), available from booksellers everywhere, and at deliciousdecisions.org.