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PEPPERED PORK ROAST

When looking for a quick and easy recipe, dry rubs are a convenient way to add flavor fast. A seasoned pepper rub on pork loin roasts packs a punch. Serve with mashed potatoes and buttered corn to complete the meal. Wrap and refrigerate leftovers for up to three days. Use leftovers with Caribbean Pork and Mango Salad.

4 pound pork loin roast (or 2 2-pound roasts)
6 tablespoons pepper blend seasoning

Rub all surfaces of roast(s) with seasoned pepper.

Place pork in shallow roasting pan and roast in 350 degrees F. oven for 45 minutes to 1 hour and 15 minutes (about 20 minutes per pound), until internal temperature on a thermometer reads 150 degrees F.

Remove roast from oven; let rest until temperature reaches 160 degrees F, about 10 minutes.

Slice and serve.

Makes 4 servings.

Calories: 160
Cholesterol: 60mg
Protein: 22g

Fat: 6g
Sodium: 50mg

Saturated Fat: 1g
Carbohydrates: 2g