

Roasted Pork Loin

1 pound potatoes, cut into 1-inch pieces

1 medium yellow onion, sliced

2 Tablespoons vegetable oil

2 Tablespoons Italian seasoning blend

1 (4-5 pound) boneless pork loin

2 Tablespoons minced garlic

½ teaspoon salt

½ teaspoon black pepper

Preheat oven to 375°F. Spray a 9x13 inch baking dish with nonstick cooking spray and set aside.

Combine potatoes and onion in a large plastic bag with the oil and seasoning. Seal the bag and shake vigorously to fully coat. Set aside.

Place pork loin in your pan making sure the fat side is up. Use a sharp knife to gently score the fat. Rub minced garlic into the loin; then sprinkle salt and pepper evenly over loin. Add onions and potatoes to the side of the pan.

Place pan in center of the bottom rack of your oven and roast the pork loin for 75-85 minutes or until it has reached an internal temperature of 150-160 degrees. Remove from oven and let rest five minutes before serving. Yields: 12 servings.

Nutrition Information per Serving: 389 calories, 23g fat, 7.5g saturated fat, 9g carbohydrates, 218mg, sodium, 34g protein, 1g fiber