Rosemary Roast Pork with Autumn Vegetables

in a new light

Makes: 8 servings
 Prep Time: 20 minutes
 Cook Time: 1 hour 5 minutes
 Difficulty: Easy

Ingredients:

• 1 tablespoon fresh rosemary, chopped
• 1 tablespoon fresh sage, chopped
• 2 teaspoons plus 1 tablespoon olive oil
• 2 garlic cloves, minced
• 3/4 teaspoon salt
• 1 (2-pound) boneless center-cut pork loin roast, trimmed of all fat
• 1 pound small Yukon Gold potatoes, scrubbed and halved
• 1 (20-ounce) package cut and peeled butternut squash
• 2 medium leeks, white and light green parts only, cut into 1-inch pieces

Directions:

Preheat the oven to 425°F. Spray a large roasting pan with cooking spray. Combine rosemary, sage, 2 teaspoons of oil, garlic, and salt in a small bowl. Rub half of the herb mixture all over the pork. Place the pork in the center of the roasting pan.

Toss potatoes, squash, leeks, the remaining 1 tablespoon olive oil, and the remaining herb mixture in a large bowl until well coated. Scatter the vegetables around the pork.

Roast until an instant-read thermometer inserted into the center of the pork registers 145°F for medium and the vegetables are tender, 45–50 minutes. Transfer pork to a cutting board; cover loosely with foil, and let stand 15 minutes.

Spread vegetables in the roasting pan in an even layer; return to the oven and roast, turning once or twice, until vegetables begin to brown and crisp slightly, about 15 minutes longer. Cut pork across the grain into 16 slices and serve with the vegetables.

Nutritional Information: Per serving (2 slices of pork with 2/3 cup vegetables): 280 calories, 11 g fat (3 g saturated, 0 g trans), 70 mg cholesterol, 280 mg sodium, 22 g carbohydrate, 3 g fiber, 25 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.