



Roast Pork with Apples and Onions

Recipe from TasteofHome.com



Ingredients



- 1 boneless pork loin roast (2 pounds)
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 tablespoon olive oil
 - 3 large Golden Delicious apples, cut into 1-inch wedges
 - 2 large onions, cut into 3/4-inch wedges
 - 5 garlic cloves, peeled
 - 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, **crushed**
- Yield: 8 servings



Directions



1. Preheat oven to 350°. Sprinkle roast with salt and pepper.
2. In a large nonstick skillet, heat oil over medium heat; brown roast on all sides.
3. Transfer to a roasting pan coated with cooking spray. Place apples, onions and garlic around roast; sprinkle with rosemary.
4. Roast until a thermometer inserted in pork reads 145°, 45-55 minutes, turning apples, onion and garlic once.
5. Remove from oven; tent with foil. Let stand 10 minutes before slicing roast. Serve with apple mixture.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Roast Pork with Apples and Onions

Recipe from TasteofHome.com



Ingredients



- 1 boneless pork loin roast (2 pounds)
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 tablespoon olive oil
 - 3 large Golden Delicious apples, cut into 1-inch wedges
 - 2 large onions, cut into 3/4-inch wedges
 - 5 garlic cloves, peeled
 - 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, **crushed**
- Yield: 8 servings



Directions



1. Preheat oven to 350°. Sprinkle roast with salt and pepper.
2. In a large nonstick skillet, heat oil over medium heat; brown roast on all sides.
3. Transfer to a roasting pan coated with cooking spray. Place apples, onions and garlic around roast; sprinkle with rosemary.
4. Roast until a thermometer inserted in pork reads 145°, 45-55 minutes, turning apples, onion and garlic once.
5. Remove from oven; tent with foil. Let stand 10 minutes before slicing roast. Serve with apple mixture.

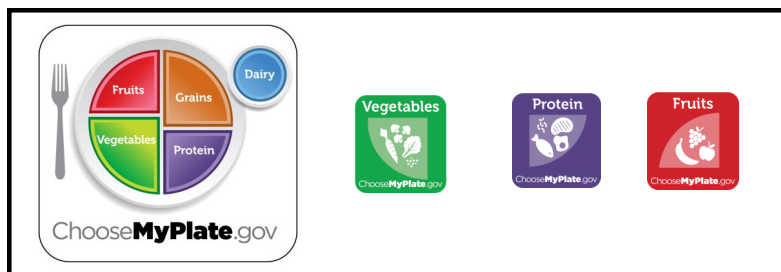
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



- Left over pork can be used in other main dishes. Try pork and beans!
- Roasted potatoes, carrots, and other root veggies work well in this recipe!
- Pears can also be added to the dish with apples.

Nutrition Facts



Nutrition Facts	
7 servings per container	
Serving size	
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.

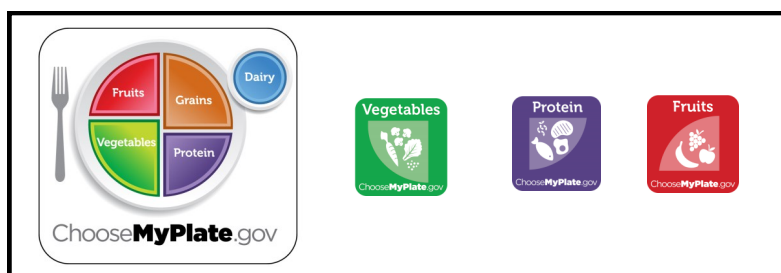


Fast Facts

Nutrition Facts



Featured Food Groups



Cooking Tips



- Left over pork can be used in other main dishes. Try pork and beans!
- Roasted potatoes, carrots, and other root veggies work well in this recipe!
- Pears can also be added to the dish with apples.

Nutrition Facts	
7 servings per container	
Serving size	
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.