

PORK ROAST WITH VEGETABLES

Try this great fall meal idea! The brown sugar and apple juice sweeten the pork and the vegetables get a lot of flavor from the pan juices! Your family will love it!

- 1 1-pound boneless center-cut pork loin roast or pork tenderloin, all visible fat removed**
- 1 Tablespoon frozen apple juice concentrate, thawed**
- 1 ½ teaspoons light brown sugar**
- 1 ½ teaspoons garlic powder**
- 1 ½ teaspoons dried oregano, crumbled**
- 1 ½ teaspoons dried thyme, crumbled**
- 1 ½ teaspoons paprika**
- ½ teaspoon pepper**
- 2 small red potatoes, cut into ½ inch cubes**
- ½ cup baby carrots**
- ½ cup bite size cauliflower florets**
- ½ small zucchini, cut into ½ inch cubes**
- ¼ small red onion, cut into ½ inch dice**

Cooking Instructions:

Preheat oven to 375 degrees. 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 (40-45 minutes for the pork tenderloin), or until the pork registers 160 degrees 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.

---Recipe courtesy American Heart Association