



Balsamic-Honey Roast Pork Loin with Fresh Berries

Prep: 10 minutes

Roast/Cook: 1 hour 35 minutes • Serves: 8

- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- 1 center-cut pork loin (about 4 pounds)
- 1 can (14 ounces) less-sodium beef broth
- 3 sprigs fresh thyme
- 1 cup balsamic vinegar
- ½ cup honey
- 1 tablespoon cornstarch
- 1 tablespoon water
- 16 ounces assorted berries (about 4 cups)

1. Preheat oven to 450°. In small bowl, combine salt, pepper and garlic powder. Place pork in roasting pan; rub seasoning mixture over pork.

2. Roast pork 45 minutes or until outside is browned. Carefully add broth and thyme sprigs to pan; tightly cover pan with aluminum foil.

3. Reduce oven temperature to 325°; roast pork 45 to 50 minutes longer or until internal temperature reaches 135°. Transfer pork to cutting board; loosely cover with aluminum foil and let stand 15 minutes. (Internal temperature will rise to 145° upon standing.)

4. Meanwhile, place roasting pan across 2 burners over medium heat. Add vinegar and honey; heat to simmering. Simmer 15 minutes. In small bowl, whisk together cornstarch and water; add to pan and heat to boiling. Into large bowl, strain sauce through fine-mesh strainer, if desired. Makes about 2 cups.

5. Slice pork and serve topped with berries and sauce.

*Approximate nutritional values per serving:
456 Calories, 13g Fat (5g Saturated),
136mg Cholesterol, 652mg Sodium,
31g Carbohydrates, 3g Fiber, 47g Protein*