



Maple-Brown Sugar Pork Loin with Apple Cider Sauce

Prep: 25 minutes

Roast: 1 hour 30 minutes • Serves: 8

Nonstick cooking spray

- 1 (5-pound) boneless, center-cut pork loin
- 1½ teaspoons ground black pepper
- 1 teaspoon salt
- ¼ cup maple syrup
- 2 tablespoons packed light brown sugar
- 2 cups reduced sodium chicken broth
- 1½ cups apple cider
- 2 tablespoons unsalted butter
- 2 teaspoons chopped fresh thyme leaves
- 2 tablespoons cold water
- 2 tablespoons cornstarch

1. Preheat oven to 400°. Line 13 x 9-inch roasting pan with aluminum foil; spray with nonstick cooking spray. Place pork in prepared pan; sprinkle with 1 teaspoon pepper and salt. Roast 45 minutes or until outside is browned.

2. Reduce temperature to 325°. Brush pork with maple syrup and sprinkle with brown sugar. Add broth and cider to pan; cover with foil and roast 45 minutes longer or until internal temperature reaches 135°. Transfer pork to cutting board and let stand 15 minutes before slicing (internal temperature will rise to 145° upon standing). Transfer pork drippings to large skillet.

3. Add butter, thyme and remaining ½ teaspoon pepper to skillet; heat to boiling over high heat. In cup, combine water and cornstarch; whisk into broth mixture and heat to boiling over high heat. Boil 1 minute; remove skillet from heat. To serve, slice pork and spoon sauce over pork.

*Approximate nutritional values per serving:
418 Calories, 15g Fat (7g Saturated),
124mg Cholesterol, 531mg Sodium,
17g Carbohydrates, 0g Fiber, 47g Protein*

Dietitian's Dish

> Pork loin can save you fat and calories over traditional holiday ham.