



Peppered Pork Roast

1 4-pound pork loin roast (or 2 2-pound roasts)

6 tablespoons pepper blend seasoning

Cooking Directions

Rub all surfaces of roast(s) with seasoned pepper. Place pork in shallow roasting pan and roast in 350 degrees F. oven for 45 minutes to 1 hour and 15 minutes, until internal temperature (measured with a meat thermometer) reads 150-155 degrees F. Remove from oven and allow roast to rest for 10 minutes. Slice and serve.

Nutrition for 4 servings.

Wrap and refrigerate leftovers for up to three days.

Use leftovers with Caesar Sandwich (in Sandwich category), Caribbean Pork and Mango Salad (in Salad category), or Mediterranean Pasta Salad (in Salad category).

Serving Suggestions

Complete this basic roast with mashed potatoes with pork gravy and buttered corn.

Nutrition Facts

Calories 135 calories	Protein 22 grams
Fat 6 grams	Sodium 50 milligrams
Cholesterol 60 milligrams	Saturated Fat 0 grams
Carbohydrates 2 grams	