

Pork

Dijon-Rubbed Pork with Rhubarb Sauce

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Servings: 12

Preparation Time: 15 minutes

Bake Time: 1 hour

1 3-pound boneless pork loin roast

1/4 cup Dijon mustard

6 cloves garlic, minced

1 tablespoon minced fresh rosemary OR 1 teaspoon crushed dried rosemary

3/4 teaspoon salt

1/2 teaspoon pepper

RHUBARB SAUCE

3 cups fresh or frozen rhubarb

1/3 cup orange juice

1/3 cup sugar

1 tablespoon cider vinegar

Preheat oven to 350 degrees.

Score the surfer of the pork, making diamond shapes 1/2-inch deep.

In a small bowl, combine the mustard, garlic, rosemary, salt and pepper. Rub over the pork.

Coat a roasting pan and rack with nonstick cooking spray. Place the pork on the rack in the pan.

Bake, uncovered, for 1 to 1 1/4 hours or until a meat thermometer reads 160 degrees.

Let stand for 10 minutes before slicing.

In a small saucepan, bring the rhubarb, orange juice, sugar and cider vinegar to a boil.

Reduce the heat. Cover and simmer for 8 to 12 minutes or until rhubarb is tender.

Serve warm with pork.

Yield: 1 1/2 cups sauce

Per Serving (excluding unknown items): 31 Calories; trace Fat (6.7% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 196mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.