
Maple-Mustard Glazed Pork Roast

Jennie Papa

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Servings: 6

2/3 cup maple-flavored syrup
3 tablespoons Dijon mustard
2 tablespoons cider vinegar
2 tablespoons soy sauce
salt (to taste)
pepper (to taste)
2 to 3 pound boneless pork loin roast
1 pound carrots, peeled and quartered lengthwise
4 to 6 medium red potatoes, halved

Preheat the oven to 350 degrees.

In a bowl, stir together the mustard, syrup, vinegar, soy sauce, salt and pepper. Spread evenly over the roast. Place the roast into a shallow pan, surrounded by the vegetables.

Roast for 45 minutes to 1-1/4 hours. (Internal temperature should reach 155 to 160 degrees on a meat thermometer).

Remove the roast. Rest for 10 minutes. Slice and serve with the veggies.

Pork

Per Serving (excluding unknown items): 38 Calories; trace Fat (9.8% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 460mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.