



Roasted Pork Loin with Pears, Fennel & Figs

Prep: 1 hour 5 minutes

Roast: 1 hour 40 minutes • Serves: 10

- 1 (4- to 5-pound) tied center-cut boneless pork loin
- 2 garlic cloves, cut into slivers
- 2½ teaspoons kosher salt
- 2 teaspoons garlic powder
- 2 teaspoons yellow mustard seed
- ¾ teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 large yellow onion, cut into 1-inch wedges
- 1 medium fennel bulb, trimmed and cut into 1-inch pieces
- 1 carton (32 ounces) less-sodium chicken broth
- 1½ cups apple cider
- ¼ cup all-purpose flour
- 2 red Anjou or Bosc pears, cored and cut into 1-inch pieces
- 1 cup dried figs, stems trimmed and quartered
- ¼ cup dried apricots, chopped
- 2 tablespoons butter

1. Preheat oven to 300°. With paring knife, cut 6 to 8 small, 1-inch-deep slits on each side of pork. Press garlic slivers into slits. In small bowl, mix 2 teaspoons salt, garlic powder, mustard seed and ¼ teaspoon pepper. Rub mixture on outside of pork.

2. In large roasting pan, heat oil over medium-high heat. Add pork and cook 2 to 3 minutes per side or until browned. Remove pork from pan. Add onion and fennel to same pan; place pork on top of vegetables. Roast pork 1 hour 40 minutes to 2 hours or until pork reaches an internal temperature of 145°. While pork roasts, in medium saucepan, heat broth to boiling over medium-high heat. Reduce heat to medium; simmer 30 minutes or until reduced by half.

3. Remove pork from pan and place on cutting board. Loosely cover with foil; let stand 20 minutes. Remove vegetables from pan; reserve. Place pan with drippings over medium heat. Add reduced broth and cider to pan; whisk in flour. Add reserved vegetables, pears, figs and apricots to pan. Simmer 20 minutes or until sauce has thickened, stirring occasionally. Stir in butter and remaining ½ teaspoon salt and ½ teaspoon pepper. Slice pork and serve with sauce and vegetables.

Approximate nutritional values per serving: 360 Calories, 13g Fat (33% of total calories), 4g Saturated Fat (10% of total calories), 80mg Cholesterol, 601mg Sodium, 30g Carbohydrates, 4g Fiber, 32g Protein

*Dietary Exchanges:
2 Starch; 4½ Protein; 3 Fat*