

Garlic, Rosemary & Lemor Pork Loin



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Makes 10 (3 oz. per serving)



Servings: 10 (3 oz. per serving)

Ingredients

Marinade:

- ♥ ¼ cup D'Avolio Extra Virgin Olive Oil
- ♥ 3 Tbsp. D'Avolio Lemon Balsamic Vinegar
- ♥ 8 garlic cloves, chopped
- ♥ 1 bunch rosemary
- ♥ ½ tsp. Kosher salt
- ♥ ½ tsp. pepper

Pork Loin

- ♥ 2lbs. centercut pork loin
- ♥ ½ Tbsp. D'Avolio Extra Virgin Olive Oil

PREPARATION

1. In a small bowl, stir ¼ cup olive oil with the garlic, rosemary, salt, and pepper. Rub the mixture all over the pork. Transfer the pork, marinade to large sealable plastic bag. Refrigerate overnight.
2. Preheat the oven to 400 degrees. Let the pork stand at room temperature for 30 minutes. Brush off as much of the marinade as possible. In a large skillet, heat ½ Tbsp. olive oil. Add the pork to skillet and cook over moderately high heat until browned, about 5 minutes.
3. Transfer the pork to the oven and roast for 45 minutes or until the thermometer reads 145 degrees.
4. Transfer the roast to a cutting board and let it rest for 15 minutes. Slice thinly and serve.

Nutrition Facts			
Serving Size: 1 serving (3 oz.)			
Servings: 10			
Amount Per Serving			
Calories 240	Calories from Fat 130		
% Daily Value*			
Total Fat 14g	22%		
Saturated Fat 4.5g	24%		
Trans Fat 0g			
Cholesterol 75mg	24%		
Sodium 180mg	8%		
Total Carbohydrate 0g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 26g			
Vitamin A 0%	Vitamin C 0%		
Calcium 6%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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