

Sage and Rosemary Pork

Filling:

2 tbs chopped parsley
1 ½ tbs chopped fresh sage or thyme leaves
1 tbs fresh rosemary, chopped
3 cloves garlic, minced
3 tbs extra virgin olive oil
2 tsp Dijon mustard
¼ tsp kosher salt
¼ tsp ground black pepper

Pork Loin:

1 pork loin (2lbs)
¾ tsp salt
½ tsp black pepper
1 tbs olive oil
Fresh sage leaves
Sprigs rosemary

Nutritional Facts:

Calories = 306
Fat = 19g Sat. Fat = 5g
Protein = 31g Carbs = 1g

Instructions: Preheat oven to 350°F

Filling: In a small bowl, combine the parsley, sage or thyme, rosemary, garlic, oil, mustard, salt, and pepper.

Pork loin:

Butterfly the pork loin. Sprinkle the top side of the butterflied loin with half of the salt and pepper. Spread the filling evenly across the loin leaving a ½" border along the edge where you made the first cut.

Beginning at the opposite edge, roll the loin up to wrap the filling. Using kitchen twine, tie the loin every 1 ½" to hold its shape.

Rub the loin with the oil and sprinkle with remaining salt and pepper. Place the loin in a small roasting pan and position on the center rack of the oven. Roast for 1 hr, or until center registers 155°F and juices run clear. Let stand for 10 minutes before serving.

Slice crosswise between ties. Garnish with sage leaves and rosemary sprigs.

Makes 6 servings

Source: The South Beach Diet Cookbook