

Herb Encrusted Pork Loin with Honey Squash Rings

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the pork:

- 1 (4-pound) boneless pork loin, with fat left on
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon dried thyme (or 2 teaspoons minced fresh thyme leaves)
- 1 teaspoon dried basil (or 2 teaspoons fresh basil leaves)
- 1 teaspoon dried rosemary (or 2 teaspoons minced fresh rosemary)

For the acorn squash:

- ¼ cup liquid honey
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- ¼ teaspoon pepper
- 2 acorn squash

Method of Preparation:

For the pork:

1. Preheat the oven to 475 degrees.
2. Place the pork loin on a rack in a roasting pan.
Combine the remaining ingredients in a small bowl. With your fingers, massage the mixture onto the pork loin, covering all of the meat and fat.
3. Roast the pork for 30 minutes, and then reduce the heat to 350 degrees and roast for an additional hour. Test for doneness using an instant-read thermometer. When the internal temperature reaches 145 degrees, remove the roast from the oven. Allow it to sit for about 10 minutes before carving. It will continue to cook while it rests.

For the squash:

1. While the pork is roasting in the oven, start the squash by whisk together the honey, soy sauce, garlic, and pepper in a large bowl. Halve each squash crosswise, peel & scoop out seeds. Slice into 1-inch thick rings and toss in honey mixture until well coated.
2. Arrange squash rings on a greased, foil-lined, rimmed baking sheet and drizzle with honey mixture. Bake in preheated 350 degree oven, turning once and basting with liquid, until tender and golden for about 30 to 40 minutes.

To assemble:

1. Place the herb encrusted pork loin on a plate, and top them with honey squash rings.



Nutritional Analysis:

Calories: 854
Carbohydrates: 51g
Sodium: 1568mg
Protein: 79g
Fat: 35g
Fiber: 3.2