

## Italian Roast Pork Loin

### NUTRIENT ANALYSIS

Calories	259
Protein	33 g
Carbohydrate	1 g
Total Fat	13 g
Saturated Fat	4 g
Cholesterol	92 mg
Fiber	1 g
Sugars	0 g
Sodium	242 mg

Each serving counts as 1 protein.

Enjoying pork on occasion will not send the scales soaring, so long as you choose the healthier, lean cuts such as loin or tenderloin, which compare favorably to skinless chicken in terms of fat and calorie content. This hearty, no-fuss recipe revamps the classic Italian rendition without tons of fat.

### 8 servings

- 1 tablespoon no-salt lemon pepper
- 2 teaspoons fennel seeds
- 2 teaspoons dried oregano
- 2 teaspoons dried rosemary
- 1 teaspoon salt
- 1 tablespoon olive oil
- 3 garlic cloves, mashed or put through a garlic press
- 1 (2<sup>1</sup>/<sub>2</sub>-pound) pork loin, trimmed of all exterior fat

1. Preheat oven to 325°F. Combine the lemon pepper, fennel seeds, oregano, rosemary, and salt in a small bowl; set aside. Combine the olive oil and mashed garlic in a second small bowl. Rub the olive oil mixture evenly over the pork loin, coating it thoroughly. Sprinkle the herb mixture over the entire pork loin. Place in a shallow roasting pan, broiler pan, or shallow baking dish.

2. Roast until golden brown. An instant-read meat thermometer inserted into the thickest part of the loin should register 160°F for medium, about 65 minutes, or 170° for well done, about 1 hour and 15 minutes.