



Balsamic-Honey Roast Pork Loin with Fresh Berries

Prep: 10 minutes

Roast/Cook: 1 hour 35 minutes • Serves: 8

- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- 1 center-cut pork loin (about 4 pounds)
- 1 can (14 ounces) less-sodium beef broth
- 3 sprigs fresh thyme
- 1 cup balsamic vinegar
- ½ cup honey
- 1 tablespoon cornstarch
- 1 tablespoon water
- 16 ounces assorted berries (about 4 cups)

1. Preheat oven to 450°. In small bowl, combine salt, pepper and garlic powder. Place pork in roasting pan; rub seasoning mixture over pork.
2. Roast pork 45 minutes or until outside is browned. Carefully add broth and thyme sprigs to pan; tightly cover pan with aluminum foil.
3. Reduce oven temperature to 325°; roast pork 45 to 50 minutes longer or until internal temperature reaches at least 135°. Transfer pork to cutting board; loosely cover with aluminum foil and let stand 15 minutes. (Internal temperature will rise to 145° upon standing.)
4. Meanwhile, place roasting pan across 2 burners over medium heat. Add vinegar and honey; heat to simmering. Simmer 15 minutes. In small bowl, whisk together cornstarch and water; add to pan and heat to boiling. In large bowl, strain sauce through fine-mesh strainer, if desired. Makes about 2 cups.
5. Slice pork and serve topped with berries and sauce.

Approximate nutritional values per serving:

456 Calories, 13g Fat (5g Saturated), 136mg Cholesterol, 652mg Sodium, 31g Carbohydrates, 3g Fiber, 47g Protein

Helpful tips:

- > Pork tenderloin is a lean cut of pork and a great protein choice for any meal. It is a great source of B vitamins especially thiamine, which helps your body convert food into energy and is essential for metabolism. Pork is also high in selenium which aids the immune system and works like an antioxidant to reverse cell damage. When you pair berries, another fruit or source of vitamin C, not only does it add natural sweetness for flavor but it also increases your body's ability to absorb iron.