

Roasted Pork Loin



Succulent pork roast with fragrant garlic, rosemary and wine.

By Kathleen Burton

Prep: 20 mins

Cook: 1 hr

Total: 1 hr 20 mins

Servings: 8

Yield: 8 servings



Ingredients

3 cloves garlic, minced

1 tablespoon dried rosemary

salt and pepper to taste

2 pounds boneless pork loin
roast

¼ cup olive oil

½ cup white wine

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Crush garlic with rosemary, salt and pepper, making a paste. Pierce meat with a sharp knife in several places and press the garlic paste into the openings. Rub the meat with the remaining garlic mixture and olive oil.

Step 3

Place pork loin into oven, turning and basting with pan liquids. Cook until the pork is no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Remove roast to a platter. Heat the wine in the pan and stir to loosen browned bits of food on the bottom. Serve with pan juices.

Nutrition Facts

Per Serving: 238 calories; protein 18.4g; carbohydrates 1.1g; fat 16.2g; cholesterol 53.7mg; sodium 42.9mg.