

PREPARATION: 5 MINUTES

COOKING: 1 HOUR

8 SERVINGS



ROSEMARY ROASTED PORK LOIN

INGREDIENTS

2 lbs pork loin

1 tablespoon Dijon mustard

½ teaspoon garlic powder

*1 tablespoon fresh rosemary, finely chopped
(or 1 tsp dry rosemary)*

PREPARATION

- 1** Preheat oven to 400°F.
- 2** In a small bowl, add Dijon mustard and garlic powder. Mix well to combine.
- 3** Spread mustard mixture over pork loin. Sprinkle pork loin with chopped rosemary.
- 4** Place pork loin in a roast pan and cook for approximately 1 hour or until an internal temperature of 160°F is reached.
- 5** Cut into slices and serve with green vegetables. Try our pineapple chili sauce with the meat (recipe on page 2)!

Note: Refrigerate leftover meat and use for our quesadilla recipe!

Nutrient Analysis

PER SERVING:

1/8 of recipe

RENAL EXCHANGE:

3 Protein

Calories	125Kcal
Protein	25g
Carbohydrates	0g
Fibre	0g
Total Fat	2g
Saturated Fat	1g
Cholesterol	63mg
Sodium	104mg
Potassium	429mg
Phosphorus	262mg