



CIDER-GLAZED ROAST PORK

with apples, sweet potato & sage

SERVES 8 • PREP 20 MIN • COOK 45 MIN

INGREDIENTS

- 2 lb lean boneless pork loin roast, trimmed of fat
- 2 1/2 tsp kosher salt, divided
- 1/2 tsp black pepper
- 3 large Granny Smith apples, peeled and sliced
- 2 large red onions, thinly sliced
- 3 cups uncooked sweet potato, diced
- 5 garlic cloves, crushed
- 1 Tbsp fresh sage, chopped
- 3/4 tsp ground allspice
- 2 tsp olive oil, divided
- 2 Tbsp apple cider vinegar
- 1 cup apple cider
- 1 Tbsp unsalted butter

WW POINTS®

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PER SERVING

Serving: 3 1/2 oz pork +
3/4 cup vegetables

NUTRITION

Estimated per serving

Calories	350
Protein	28 g
Carbohydrates	34 g
Fat	11 g
Fiber	5 g
Sodium	760 mg

Nutrition is an estimate and may vary by brand.

ROAST, GLAZE & SERVE

ONE-PAN AUTUMN SUPPER • EASY • 1 HOUR 5 MINUTES TOTAL

1

Preheat oven to 400°F. Pat pork dry; season with 1 1/2 teaspoons salt and the pepper.

2

In a large bowl, toss apples, onions, sweet potato, garlic, sage, the remaining 1 teaspoon salt, and allspice. Drizzle with 1 teaspoon oil and toss to coat.

3

Heat the remaining 1 teaspoon oil in a large ovenproof skillet over high heat. Sear pork on both sides, 3 to 4 minutes per side.

4

Spoon the apple mixture around the pork. Roast until the center of the pork reaches 145°F, 30 to 35 minutes. Transfer vegetables to a platter; place pork on a cutting board and rest at least 3 minutes.

5

Set the skillet over medium heat. Add vinegar and cook for 1 minute, scraping up the browned bits. Add cider, increase heat to high, and boil until reduced to a thick, syrupy glaze. Add butter and swirl until melted.

6

Carve pork into 16 even slices. Arrange over the vegetables and drizzle the cider glaze on top.

COOK'S NOTE

A crisp apple variety or firm pear can stand in for Granny Smith. Fresh thyme or rosemary also works beautifully with the sage. Serve with a simple green salad.