

# Roasted Pork & Autumn Vegetables

Recipe by C-

Adapted from CookingLight 9/01

## Ingredients:

2 fennel bulbs (about 1 1/2 pounds)  
2 small yellow onions  
1 Tbsp. Olive oil, divided  
4 cups (1 inch) cubed peeled Butternut or Acorn Squash  
16 baby carrots (about 3/4 pound)  
2 - 2 1/4 pound boneless lean pork tenderloin, trimmed  
Olive oil cooking spray  
2 Tbsp. chopped fresh Sage  
3/4 tsp. kosher salt, divided  
3/4 tsp. black pepper, divided  
Gravy:  
3/4 cup fat-free, less-sodium chicken broth  
1/2 cup dry white wine  
2 tsp. Dijon mustard

Pre heat oven to 400°

## Directions:

**Step 1:** Trim stalks from fennel; discard. Cut each fennel bulb into 8 wedges. Peel onions and cut each into 8 wedges.

**Step 2:** Heat 1 1/2 tsp. oil in a large skillet over med-high heat. Add fennel and onion, sauté 8 minutes; stirring frequently. remove from pan. Add remaining oil, squash and carrots to the skillet; sauté 5 minutes; stirring frequently.

**Step 3:** Place pork on a rack coated with cooking spray; place rack in a shallow roasting pan. Sprinkle pork with sage, 1/2 tsp. salt and 1/2 tsp. pepper. Arrange vegetables around the pork loin; sprinkle with remaining 1/4 tsp. salt & 1/4 tsp. pepper.

**Step 4:** Place in your pre heated oven and bake for 50 minutes, or until thermometer reaches 160°. remove the pork and vegetables from the pan to a serving dish; tent with foil. Remove rack from pan.

**Step 5:** Place roasting pan over medium heat; stir in broth, wine and Dijon; scraping pan to loosen browned bits. Bring to a boil; reduce heat and simmer 4 minutes; stirring occasionally. This is your gravy. Serve in a gravy boat or pour over-top of your pork and vegetables before serving.

**Yields: \*8 servings:**

if serving size is: 3 oz. pork (3 units protein), about 2/3 cup vegetables (1 large unit carbs) and 2 Tbsp. gravy (2 units fat)

\*follow your instructions on your own menu for how much you can eat to make this a "# " unit meal for yourself.