

Glazed Pork Roast

Makes: 7 Servings

This tasty pork recipe uses cranberry sauce. Cranberry sauce may be served at room temperature or chilled as a topping for poultry or pork.

Ingredients

1 can cranberry sauce (16 ounces)

1/3 cup orange juice

1/2 teaspoon orange peel (grated)

1/2 teaspoon dried sage (if you like)

2 1/2 pounds boneless pork roast (2 1/2-pound to 3 1/2-pounds)

1/2 teaspoon salt

1/4 teaspoon ground black pepper

Directions

1. In a medium-size saucepan, combine the cranberry sauce, orange juice, and orange peel. If using sage, add that too. Bring mixture to a boil over medium heat. Reduce heat and simmer for 5 minutes. Set aside 1 cup cooked sauce to serve with cooked pork.

2. Place pork roast in a 13x9-inch roasting pan. Season with salt and pepper. Bake, uncovered, for 1 hour until internal temperature reaches 160 degrees F on a meat thermometer. Pour sauce over meat often while baking. Discard any unused sauce.

Nutrition Information

Nutrients	Amount
Calories	340
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	110 mg
Sodium	250 mg
Total Carbohydrate	23 g
Dietary Fiber	1 g
Total Sugars	22 g
Added Sugars included	N/A
Protein	335 g
Vitamin D	N/A
Calcium	27 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

3. Let roast stand 10 minutes before serving. Serve sauce that was set aside either warm or at room temperature.

Source: Recipe adapted from Ocean Spray.