Applesauce Pork Loin with roasted red potatoes

4 servings

Ingredients

2 lb pork loin

S+P TT

As need: Oil for pork

3 T dijon mustard

1 C applesauce

1 T honey

Procedure

1) Preheat oven to 400F

1) Combine applesauce, mustard and honey in a bowl, stirring well

2) Coat the pork with oil, add S+P TT

3) Spread applesauce mix over pork, then roast in a baking dish at 350F until internal temperature reaches 140F.

4) Remove, let rest 5 minutes then portion and serve with vegetables

Roasted Red Potatoes

Ingredients

2 lb red potatoes

1 T dried parsley

1 tsp. Dried thyme

1 tsp. Dried oregano

1 tsp. Dried basil

S+P TT

As needed: Oil for roasting

Procedure

1) Line a baking sheet/sheet pan with parchment paper

2) If using baby reds cut in half, if regular sized cut into one-inch pieces, then toss with the rest of the ingredients

3) Bake for 35-40 minutes, then remove and portion out.