

Easy Summertime Pork Loin

Serving size: 2-2 ½ oz

Serves: 6

Ingredients:

1½ pound pork loin
4 teaspoons chili powder
1 teaspoon garlic powder
½ cup chopped onion
2 teaspoons minced garlic
15 oz can diced tomatoes, low sodium, drained
1 tablespoon red wine vinegar
1 teaspoon maple syrup
¼ teaspoon liquid smoke flavoring
⅓ cup Equal® sweetener
Black pepper to taste

Directions:

1. Preheat oven to 425 degrees. Rub pork with 1 teaspoon of chili powder and garlic powder. Place in greased baking pan and bake until meat is browned and juices run clear (about 30 to 40 minutes). Let stand for 15 minutes before slicing.
2. Spray large saucepan with cooking spray. On medium high heat, sauté onion and garlic until lightly browned. Add the remaining ingredients, except Equal, and pepper.
3. Heat until boiling. Reduce heat and let simmer for 10 minutes. Stir in Equal, and pepper. Serve the sliced pork loin with 2 tablespoons of sauce on each slice.

Exchanges per serving:

2 Lean Meat, 1 Vegetable

Nutrients per serving:

Calories: 193

Calories from fat: 20%

Total Fat: 4g

Cholesterol: 36mg

Total Carbohydrate: 7g

Sodium: 55mg

Dietary Fiber: 2g

Protein: 16g