

BROWN SUGAR & DIJON MUSTARD GLAZED PORK LOIN

INGREDIENTS

- 3 lb. pork loin
- 1 lb carrots cut in strips
- 2 granny smith apples peeled, cored and sliced thickly
- 2 sweet potatoes peeled and sliced lengthwise
- 2 tablespoon olive oil
- ⅓ cup brown sugar
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 tablespoon parsley (chopped, for decoration)

DIRECTIONS

Cut carrots and sweet potatoes lengthwise. Add them to the bowl, add 2 tablespoons of olive oil and mix well. Place pork loin in the middle of the baking sheet. Surround it with carrots, apples, and sweet potatoes. Season the pork loin with salt and pepper. Generously brush the entire surface of the pork loin with Dijon mustard. Press brown sugar into the mustard, all over the roast.

Place the baking sheet in the oven and cook at 375 degrees F. Cook for 50 minutes or until the internal temperature hits between 145 on a meat thermometer. Let the roast rest for 10 minutes before carving and serving.



SERVES 8