

TUSCAN-STYLE PORK ROAST

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1 bone-in pork loin roast (2 1/4 lb)
3 large garlic cloves, slivered lengthwise
4 tsp olive oil
1 TBS minced rosemary
1/2 tsp salt
1/2 tsp freshly ground pepper
1/2 C dry white wine

DIRECTIONS:

Preheat oven to 350° F. With small sharp knife, make several small incisions in roast - insert sliver of garlic in each incision. Rub roast with oil, rosemary, salt & pepper.

Place roast, bone-side down, in shallow roasting pan; pour the wine into pan. Roast, basting occasionally with pan juices, till cooked through and a meat thermometer in thickest portion of roast (but not touching the bone) registers 160° F (about 1 1/2 hours). Let stand 10 minutes before slicing.

Makes 4 servings

(per serving: 197 calories; 11g total fat; 3g saturated fat; 45mg cholesterol; 195mg sodium, 21 total carbohydrates; 0g dietary fiber; 21g protein, 24mg calcium - WW points per serving: 5)