

MARINATED PORK LOIN

SOURCE: TASTE OF HOME'S LIGHT & TASTY PREMIERE ISSUE (JEAN HEADY, NAPLE FL)

Cooking Time: less than 1 hour

INGREDIENTS:

1/2 C Reduced-sodium chicken broth
1/2 C catsup
2 TBS cider vinegar
2 TBS Worcestershire sauce
2 TBS brown sugar
2 garlic cloves, minced
1/2 tsp salt
1/3 tsp pepper
1/8 tsp cayenne pepper
1 boneless pork loin roast (2 lbs)
Non-stick cooking spray

DIRECTIONS:

In saucepan, combine 1st 9 ingredients - bring to boil - reduce heat - simmer, uncovered, 5 minutes - remove from heat and cool slightly. Place 2/3 C marinade in bowl for basting - cover & chill. Pour remaining marinade into large re-sealable plastic bag - cut pork into 5 slices (about 1" each) - add to bag - seal and turn to coat - refrigerate overnight.

Drain/discard marinade - place pork on broiler pan coated with non-stick cooking spray - broil 4" from flame 10 minutes/side (or till juices run clear), brushing with reserved marinade and turning occasionally.

Servings: 5

[per slice: calories: 310; protein: 40g; carbohydrates: 14g; total fat: 10g; saturated fat: 3g; cholesterol: 100mg; sodium: 570mg; fiber: trace - Diabetic Exchanges: 4 1/2 lean meat, 1/2 fruit, 1/2 fat]