

ROAST PORK WITH WARM FRUIT SAUCE

Source: **BETTER HOMES & GARDENS Great Cooking For 2**

Cook/Prep Time: about 1 hour

INGREDIENTS:

1 2-lb boneless rob-end pork loin roast
1/2 of an 8oz pkg (3/4 C) mixed dried fruit
1 C apple juice, apricot nectar OR orange juice
1 TBS orange liqueur (optional)
Dash ground nutmeg, allspice OR cinnamon
1 TBS water
2 tsp cornstarch
Fresh thyme, for garnish (optional)

DIRECTIONS:

Trim separable fat from roast - cut roast in half crosswise - seal, label and freeze 1/2 roast for up to 3 months (if desired, slice 1/2 roast into 4 chops). Place remaining half of roast, fatty side up, on rack in shallow baking pan - insert meat thermometer - roast meat in 325° F oven 45-60 minutes or till thermometer registers 160° F (pork will be slightly pink & juices will run clear) - let pork stand, covered, 10 minutes.

Meantime, for sauce, cut up any large pieces of dried fruit - in small saucepan, stir together dried fruit, fruit juice + liqueur + either nutmeg, allspice or cinnamon - bring to boil - reduce heat - cover/simmer 5 minutes. Stir together water and cornstarch in bowl - then stir into fruit mixture - cook/stir till thickened & bubbly - cook/stir another 2 minutes.

To serve, slice roast - arrange half the slices on individual plates - spoon sauce over and around pork - garnish with fresh thyme. Cover/chill any leftover slices for up to 2 days.

Serves: 2

[per serving: calories: 364; protein: 28g; carbohydrates: 53g; total fat: 7g; saturated fat: 2g; cholesterol: 66mg; sodium: 73mg; potassium: 911mg]