

Balsamic Pork Loin with Roasted Rosemary Cauliflower



Serves 4

Ingredients:

- 2 tablespoons yellow mustard seed
- 1 teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground allspice
- 2 $\frac{1}{2}$ teaspoons salt
- 1 teaspoon black pepper
- 4 tablespoons aged balsamic vinegar

- 1-¹/₄ pounds pork tenderloin
- 4 cups cauliflower florets
- 4 tablespoons light olive oil
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried rosemary

Instructions:

1. Combine the ground mustard, garlic powder, allspice, 2 teaspoons salt, black pepper, balsamic vinegar and olive oil in a resealable plastic bag. Add pork and shake to distribute the marinade. Squeeze out air and seal bag. Refrigerate and marinate for at least 2 and up to 24 hours or overnight.

2. Pre-heat oven to 350°F. Place marinated pork into a baking dish along with the marinade. Bake while basting 3-4 times until the pork reaches an internal temperature of 145°F; about 1 hour.

3. While the pork is cooking prepare the cauliflower. In a large bowl, toss the cauliflower with the extra virgin olive oil, rosemary and ¹/₂ teaspoon salt until well coated. Arrange on baking sheet in a single layer. Bake along with the pork for 40-50 minutes until lightly browned and tender.

4. Allow the pork to rest 5-10 minutes before serving with cauliflower.

Nutrition per serving: Calories 434; Total Fat 28.0 g; Saturated Fat 5.1 g; Monounsaturated Fat 17.9 g; Polyunsaturated Fat: 3.4 g; Total Carbohydrates 10.0 g; Dietary Fiber 2.9 g; Sugar Alcohols 0.1 g; Sugars 4.7 g; Protein 35.1 g; Sodium 1585 mg