

A Kansas SNAP-Ed *EZ Does it* Recipe

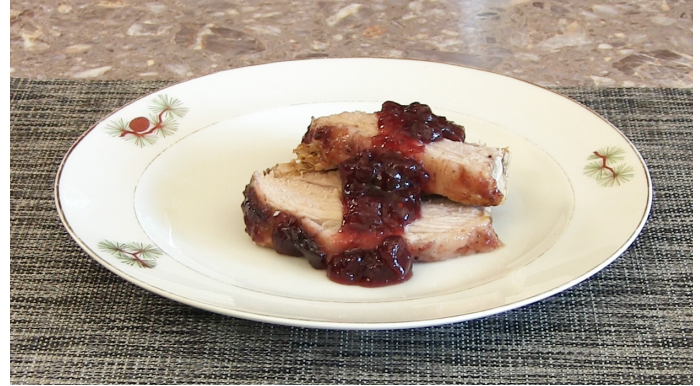
Glazed Pork Roast



Servings: 7

Ingredients:

- 1 can cranberry sauce (16 ounces)
- 1/3 cup orange juice
- 1/2 teaspoon orange peel (grated)
- 1/2 teaspoon dried sage (if you like)
- boneless pork roast (2 1/2 to 3 1/2 pounds)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper



Directions:

1. In a medium-size saucepan or skillet, combine the cranberry sauce, orange juice, and orange peel. Add half of the dried sage. Bring mixture to a boil over medium heat. Reduce heat and simmer for 5 minutes. Set aside about half the sauce to serve with cooked pork.
2. Place pork roast in a 13x9 inch roasting pan. Season with salt, pepper and the rest of the sage. Bake at 350°, uncovered, for 1 hour or until internal temperature reaches 160° on a meat thermometer. Pour sauce over meat often while baking.
3. Let roast stand 10 minutes before serving. Serve sauce that was set aside either warm or at room temperature.

Nutrition Facts: Each serving provides 340 Calories, 11g Total Fat, 4g Saturated Fat, 250mg Sodium, 23g Total Carbohydrate, 1g Dietary Fiber, 33g Protein

