

**MAKES
16 SERVINGS**

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NS**

This was one of our taste panel's favorite recipes. It may look time-consuming, but it is easier than you think and is certainly worth the effort.

TIPS

If you would like to make a smaller amount, the recipe can be cut in half.

To save you time and effort, your butcher can butterfly the pork loin roast for you.

Toast almonds in a dry skillet over medium heat until lightly browned and fragrant, about 3 minutes.

Stuffed Roast Pork

• **Preparation time: 20 minutes / Cooking time: 110 minutes / Resting time: 10 to 15 minutes**

- Preheat oven to 400°F (200°C)
- Roasting pan with rack

Stuffing

3	eggs, beaten	3
1	clove garlic, finely chopped	1
1 lb	spinach, cooked and chopped	500 g
12 oz	mild Italian sausage, casings removed	375 g
1 cup	slivered almonds, toasted (see tip, at left)	250 mL
1/2 cup	dry bread crumbs	125 mL
1 tbsp	chopped fresh parsley	15 mL
1 tbsp	dried French onion soup mix	15 mL
1/2 tsp	dried thyme	2 mL
Pinch	freshly ground black pepper	Pinch
3 1/2 to 4 lb	boneless pork loin roast	1.75 to 2 kg
1/2	clove garlic, chopped	1/2
1 tsp	vegetable oil	5 mL
1/2 tsp	dried thyme	2 mL
1 cup	red currant jelly, melted	250 mL
	Additional red currant jelly	

1. **Prepare the stuffing:** In a large bowl, combine eggs, garlic, spinach, sausage, almonds, bread crumbs, parsley, onion soup mix, thyme and pepper. Set aside.
2. Place pork loin roast fat side down and, starting at the thickest edge, slice horizontally through the meat, stopping 1 inch (2.5 cm) from the other side of the roast, so that it will open like a book. Lightly pound the butterflied roast. Remove any fat thicker than 1/4 inch (0.5 cm) from outside of roast.

3. Spread stuffing mixture evenly on cut side of roast. Starting at the long side, roll up jelly-roll style and tie securely with string. Place seam side down on rack in roasting pan. Combine garlic, oil and thyme and rub on roast.
4. Roast in preheated oven for 20 minutes. Reduce heat to 350°F (180°C) and roast for 70 minutes. Baste pork with red currant jelly and roast for about 20 minutes or until juices run clear when pork is pierced and it has reached an internal temperature of 160°F (71°C). Remove from oven and let rest, tented with foil, for 10 to 15 minutes before carving. (This allows the juices to redistribute and provides a much moister roast.)
5. Slice roast and serve with additional red currant jelly.

SERVING IDEA: On the weekend, when you have time to go all out, serve with Ginger Carrots (page 257) and Lightened-up Scalloped Potatoes (page 270) or Oven-Roasted Lemon Potatoes (page 269). Finish with Lemon Blueberry Panna Cotta (page 299) for dessert.

Dry Bread Crumbs

You can purchase dry bread crumbs or make your own. To make 1/2 cup (125 mL) dry bread crumbs, crumble one slice of bread into a food processor or blender and pulse until crumbs are desired consistency. Spread crumbs in a single layer on a baking sheet and bake at 350°F (180°C), shaking pan frequently, for 6 to 8 minutes or until lightly browned, crisp and dry. (Or microwave, uncovered, on High for 1 to 2 minutes, stirring every 30 seconds.)

NUTRIENTS Per Serving

Calories: 319	Carbohydrate: 20.8 g	Calcium: 87 mg
Fat: 14.6 g	Fiber: 1.8 g	Iron: 2.6 mg
Sodium: 387 mg	Protein: 26.2 g	

Very high in: Vitamin A, thiamine, niacin, vitamin B₁₂, magnesium and zinc • **High in:** Iron, riboflavin, vitamin B₆ and folate

Planned Extras

Make the big batch and serve the remainder with Roasted Beet, Walnut and Arugula Salad (page 143) for another dinner or lunch.

Diabetes Food Choice Values Per Serving

1	Carbohydrate
3 1/2	Meat & Alternatives