

Pork Roast with Apples

Ingredients:

Small Pork Roast approx. 2lbs.
2 apples
2 Tbsp Olive Oil
Mrs. Dash Salt Free Onion
& Herb Spice
Black Pepper
½ onions sliced
3 carrots sliced
8 cloves
Toothpicks



Directions:

Cover the bottom of a roasting pan with the sliced onions. Take the cloves and push them into the roast in different places. Next, pour the olive oil over the roast, sprinkle Mrs. Dash Onion & Herb Spice and black pepper and rub in. Place pork roast in the pan on top of the onions.

Take 1 apple, slice into thin circles then place on the roast and secure with toothpicks (you want to cover the roast with the apples). Clean and slice the carrots and add to the roasting pan.

Place covered roasting pan in a 350 degree oven for 45 minutes, remove from oven, baste with the juices in the pan and cook for another 15 minutes uncovered or until the temperature reaches 165 degrees.

Slice the second apple and use as garnish. Serves 2 really hungry people or 4 normal serving sizes.