



Brown Sugar-Mustard Pork Roast with Sauerkraut

Prep: 5 minutes plus standing

Cook/Roast: 50 minutes • Serves: 8

PICS nonstick cooking spray

- ¼ cup plus 3 tablespoons PICS brown sugar
- ¼ cup PICS Dijon mustard
- 2 tablespoons PICS olive oil
- 1 tablespoon caraway seeds
- 1½ teaspoons salt
- 1 teaspoon ground black pepper
- 1 (2½- to 3-pound) boneless pork loin or pork roast
- 2 cans (14.5 ounces each) PICS sauerkraut, drained
- ½ medium white onion, thinly sliced
- 3 tablespoons PICS unsalted butter, melted

1. Preheat oven to 450°. Spray roasting pan with nonstick cooking spray. In small bowl, combine ¼ cup plus 2 tablespoons brown sugar, mustard, oil, caraway seeds, 1 teaspoon salt and ½ teaspoon pepper. Rub pork with brown sugar mixture; place in prepared pan. Roast pork 15 minutes.

2. In large bowl, stir sauerkraut, onion, butter, remaining 1 tablespoon brown sugar and ½ teaspoon each salt and pepper. Add sauerkraut mixture to roasting pan. Tightly cover pan with aluminum foil. Reduce oven temperature to 350°; roast 35 to 40 minutes longer or until internal temperature of pork reaches 145°. Let stand 10 minutes before slicing.

3. Slice pork and serve with sauerkraut mixture.

Approximate nutritional values per serving:

378 Calories, 17g Fat (7g Saturated), 111mg Cholesterol, 1356mg Sodium, 17g Carbohydrates, 3g Fiber, 34g Protein

Chef Tip

Add 1 cored and thinly sliced Fuji, Golden Delicious or Granny Smith apple to the roasting pan along with the sauerkraut.