

Pork Loin with Spring Mix and Roasted Garlic Vinaigrette

Serves 6

Ingredients

For the Roasted Garlic Vinaigrette:

- 6 cloves roasted garlic (see recipe)
- 1 ½ T minced shallots
- 2 T Dijon mustard
- 2 T red wine vinegar
- 1 t tarragon
- Pinch of salt
- 1 T extra virgin olive oil
- 5 T light chicken stock

For the pork:

- 1 boneless pork loin, about 2 1/2 pounds
- salt to taste
- freshly ground black pepper
- ½ T minced Tarragon
- ½ T minced rosemary
- 1-cup dry white wine
- 4 cups spring mix greens



For the vinaigrette:

1. Preheat oven to 425
2. Cut the top off of the head of garlic so that the tops of the cloves of garlic are exposed
3. Place the garlic head in either a small oven safe ramekin or wrap tin foil around the base of the head of garlic
4. Drizzle a tsp of olive oil over the head of garlic and cover it with tin foil
5. Roast for 45 minutes or until the garlic turns brown and soft
6. Squeeze out 6 cloves of the roasted garlic cloves and smush with a fork.
7. Using a food processor, add the garlic, mustard, vinegar and pulse until the mixture is pureed
8. Combine the olive oil and chicken stock into one container
9. Slowly pour the olive oil and chicken stock mixture into the food processor while it is running – the dressing should start to look creamy
10. If the dressing gets to thick, add more chicken stock
11. Remove dressing from the processor and add the minced shallots and tarragon
12. Salt and pepper to taste

For the pork:

1. Preheat oven to 350
2. Place the pork loin in a roasting pan
3. Rub with herb mixture and salt and pepper
4. Pour the white wine around the pork in the bottom of the roasting pan
5. Bast the Pork every 20-25 minutes
6. Roast the pork for about 1 1/2 hours or until meat thermometer reads 160°F.
7. Remove the pork from the oven and tent with a piece of tin foil
8. Let the Pork rest for 15 minutes
9. To serve, place salad on warmed plates place two slices of pork and the greens and drizzle two tablespoons of the dressing

Serving Size: 6 ounces pork plus greens

Number of Servings: 6

Per Serving			
Calories	346	Carbohydrate	2 g
Fat	13 g	Fiber	1 g
Protein	46 g	Saturated Fat	4 g
Sodium	665 mg		