

Pork Roast with Lavender and Sage

Pork loin is lean, tender, and easy to cook. Because it's low in fat most people have tendency to over cook it. Baking it for a short time in the oven, slightly covered, will protect the meat from drying out. This dish is delicious cold and I always buy a double portion of meat to use for sandwiches or a quick dinner served with salad.

Serves 6-8

Ingredients

3 boneless pork loins, about 1/12 pounds
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 cloves of garlic, thinly sliced
4 fresh sage leaves, chopped
1 teaspoon culinary lavender buds
1 teaspoon chopped fresh rosemary
1/4 cup Dijon mustard
1 tablespoon olive oil
Butcher's twine

Directions

Sprinkle the pork with salt and pepper. In a small bowl, mix the garlic, sage, and lavender. Sprinkle the top of the first loin with half the herb mixture. Place the second loin on top and sprinkle with the remaining herbs. Top with the last loin and tie the meat with kitchen twine.

Preheat the oven to 400° F. Heat the oil in a large skillet or a large Dutch oven over medium-high heat. Brown the meat on all sides, 4-5 minutes, turning occasionally. Off the heat, coat the roast with mustard. Cover loosely with a piece of parchment paper or aluminum foil. Slide into the oven and bake 35-40 minutes, until the meat is no longer translucent but still slightly pink in the center.

Remove from the oven and place on a cutting board. Rest 8-10 minutes to allow the juices to redistribute. Slice against the grain and serve immediately. Cool roast completely before storing in an air-tight container in the refrigerator for up to 3 days.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!