



Baked Pork Hawaiian

Makes 10 servings

Ingredients

2 pounds lean boneless pork sirloin roast (trimmed of fat)
Salt to taste (optional)
Pepper to taste
½ onion (diced)
¼ cup green pepper (diced)
Two 8-ounce cans of tomato sauce

1 tablespoon Worcestershire sauce
⅓ cup apple cider vinegar
One 8-ounce can of pineapple tidbits packed
in their own juice
¼ cup brown sugar
½ teaspoon mustard powder

Instructions

1. Heat the oven to 350 degrees. Sprinkle the pork with salt and pepper and place in a shallow pan. Bake for 1 hour. Drain off all excess fat.
2. Meanwhile, mix the remaining ingredients together and let the sauce sit to blend flavors.
3. Pour the sauce over the pork and bake an additional 45 – 60 minutes, basting frequently or until meat thermometer registers 155 degrees. Remove from oven and cover with aluminum foil. Let rest for 10 minutes. Carve into thin slices.

Nutrition Facts

Serving size: 3 ounces; calories per serving: 177; total fat: 5g; saturated fat: 2g; cholesterol: 55mg; sodium: 330mg; carbohydrates: 14.0g; fiber: 1g; protein: 19g; sugars: 12g

Source: www.diabetesfoodhub.com

