



Italian Roasted Pork Loin

Ingredients

- 1 tablespoon Lemon Pepper
- 2 teaspoons Fennel Seeds
- 2 teaspoons dried Oregano
- 2 teaspoons fresh Rosemary
- 1 teaspoon Kosher Salt
- 1 tablespoon Olive Oil
- 3 Garlic cloves, finely minced
- 1 (2 ½ pound) Pork Loin Roast



Make the herb spice rub. Using Lemon Pepper, Fennel Seeds, Oregano, rosemary and salt. Mix together and set aside.



In another bowl mix olive oil and fresh garlic.



Trim the fat from the pork loin roast.



Drizzle the garlic and olive oil mixture on top of the pork loin roast and press the garlic into the roast.



Spread the herbs all over on the top.



Put the roast on a roasting pan and bake it at 325F degrees for an hour or until the thermometer reaches 170F degrees.



And there you have it. Heart Healthy Italian Roast Pork Loin.