

## PEACHY PORK ROAST

650-Watt Variable-Power Microwave Oven

Makes 10 servings at \$1.33 each.

Nutrient Value Per Serving: 437 calories, 36 g protein, 12 g fat, 41 g carbohydrate, 388 mg sodium, 100 mg cholesterol.

- 1** cup liquid from Whole Tippy Peaches (see recipe, page 141)  
**OR:** 1 cup peach liqueur
- 3** tablespoons Dijon-style mustard
- 1½** tablespoons cider vinegar
- 6** cloves garlic, smashed, peeled
- 3½** pound boneless pork loin roast, well trimmed
- 1** teaspoon coarse (kosher) salt
- ¼** teaspoon pepper
- 1** tablespoon cornstarch dissolved in 2 tablespoons cold water
- 4** peaches from Whole Tippy Peaches, halved, pitted and sliced in ½-inch wedges **OR:** 2⅓ cups sliced canned peaches

**1.** Whisk together peach liqueur, mustard and vinegar in microwave-safe 13 x 9-inch baking dish. Stir in garlic. Rub roast with salt and pepper. Place fatty-side down in dish. Cover tightly with microwave-safe plastic wrap. Microwave at 100% power 10 minutes.

**2.** Pierce plastic with tip of small knife to release steam. Uncover roast. Turn roast over so fatty side is up. Re-cover. Microwave at 100% power 10 minutes.

**3.** Pierce plastic to release steam. Uncover. Turn over so fatty side is down. Re-cover. Microwave at 100% power 10 to 15 minutes until instant-read thermometer reaches 155°. Pierce plastic to release steam. Uncover. Place roast on platter. Let stand 15 minutes; temperature will increase to 160°. Slice.

**4.** Stir dissolved cornstarch mixture into cooking juices in baking dish. Stir in peaches. Microwave, uncovered, at

100% power 5 minutes to full boil until thickened. Whisk to combine. Add salt and pepper to taste. Pour over sliced roast. Serve immediately.

### TO MAKE 5 SERVINGS IN 400-WATT MICROWAVE OVEN

**INGREDIENT CHANGES:** Halve all ingredients in main recipe.

**DIRECTIONS:** Prepare roast as in Step 1 above in 8 x 8 x 2-inch microwave safe baking dish. Cook at 100% power 10 minutes. Pierce plastic. Uncover. Turn roast fatty-side up. Re-cover. Microwave at 100% power 10 minutes. Pierce plastic. Uncover. Turn roast fatty-side down. Re-cover. Microwave at 100% power 10 minutes. Pierce plastic. Uncover. Let stand. Stir dissolved cornstarch and sliced peaches into cooking juices in dish. Uncover. Microwave at 100% power 7 minutes or until thickened. Finish as above. ■