**Sunday Rubbed Pork Loin**

LET'S MOVE! RECIPES FROM MICHELLE OBAMA

This week's plan with Chef Marvin Woods features healthy and affordable dinners for five days of the week. Click [here](#) and see how a little prep time on Sunday can provide meals for the whole week. This roast is delicious! Email me and let me know how you liked it. Nancy

### Sunday Rubbed Pork Loin (serves 6)

- 1 ½ lb boneless pork loin
- 1 TBSP ground black pepper
- 1/8 tsp garlic powder with ¼ tsp coarse salt or ½ tsp garlic salt
- 1.5 TB grated parmesan cheese
- 1 tsp dried basil
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp ground cumin

**Preparation:** Heat oven to 350°F. Pat pork dry with paper towel. In small bowl, combine pepper, parmesan cheese, basil rosemary, thyme, garlic powder, cumin and salt. Rub herb mixture over surface of the pork. Place roast in shallow pan. Cook until internal temperature reaches 155 on a meat thermometer about 1 hour. Remove from oven and let rest for 10 minutes before slicing.

**Nutrition Facts per serving:**

Calories 285
Protein 30 g.
Total Fat 17 g.
Saturated fat 6 g.
Sodium 166 mg.