

Louisiana Style Roast Pork Loin

Louisiana food is a combination of so many cultures, it's a virtual smorgasbord of flavours that dance in your mouth!

Ingredients:

- 1 and ½ lb. center cut pork loin roast
- 1 Tbsp brown sugar, packed
- 1 Tbsp dry thyme
- 1 Tbsp dry mustard
- 1 and ½ tsp ground allspice
- 1 and ½ tsp garlic powder
- ½ tsp chile powder
- ¼ tsp cayenne pepper
- ¾ tsp ground cumin
- 1 medium red onion, cut into thin wedges
- 1 c. mini Portobello mushrooms, quartered
- 3 Tbsp canola oil
- 1 and ½ Tbsp grainy mustard
- 1 and ½ Tbsp honey
- 4-6 slices sodium reduced bacon

Preheat oven to 350 degrees Fahrenheit.

Combine brown sugar, thyme, dry mustard, ground allspice, garlic powder, chile powder, cayenne pepper and ground cumin. Toss onion, sliced into thin wedges, and mushrooms, quartered, with 2 Tbsp oil. Sprinkled with 1 Tbsp of spice mixture and toss to coat. Set aside.

Add 1 Tbsp oil to remaining spice mixture and rub evenly over pork loin roast. Lay strips of bacon on work surface and position rubbed roast at ends of bacon. In a small bowl, combine grainy mustard and honey. Spread over top of pork loin roast. Wrap bacon strips around roast, and secure under roast. Place roast in baking dish or roasting pan. Add seasoned onions and mushrooms around pork roast. Bake in 350 degree oven for approximately 40 minutes. Increase oven temperature to 375 degrees Fahrenheit and roast for 10 minutes longer. Remove from oven, transfer to plate and tent with aluminum foil. Let rest for 10 minutes before slicing. Serve topped with roasted onions and mushrooms.