

## Cooking With Nonna – Simple Pork Roast with Roast Vegetables

November 16, 2016

Host: Tina Magnani, Reston VA

### Simple Pork Loin Roast

#### Ingredients

Roast large enough to server number of guest  
Olive Oil  
Salt and Pepper  
Garlic (two cloves for every 2 lbs. of roast)  
Chopped Parsley  
Celery, Onions and/or leeks and carrots rough cut

#### Directions:

Mash Garlic and salt to make paste. Mix in Parsley. Rub Roast with coat of olive oil and then rub in garlic paste.

Line roasting pan with veggie mixture making a bed to set the roast on. Roast in oven at 350 degrees F approximately 1.25 hours per 2 lbs. of roast. Cook until internal temperature reaches 155 degrees. Let rest 15 minutes before slicing.

### Assorted Roasted Mixed Vegetables

Take all the roasted vegetables below and mix into one serving platter. Mix gently to avoid breaking any vegetables down and form beets coating all other vegetables with purple color. Server. Any combination of vegetables will work. Roasting makes the vegetables sweeter.

### Roasted Root Vegetables

#### Ingredients

Assortment of hard vegetables (onions, butternut squash, parse snips, potatoes, carrots, fennel, etc.)  
Olive oil  
Salt and Pepper

#### Directions:

Clean and cut vegetables into chunks. Try to make all hard root vegetables like sizes to insure uniform cooking. Fennel and onions can be larger as they cook faster. Coat with olive oil and season with salt and pepper. Small amount of olive oil on roasting pan to avoid sticking. Spread vegetables on pan including olive oil used for coating. Roast in 350 degree oven until fork tender

### Roasted Brussels Sprouts

Rinse Brussels sprouts and let dry of all water. Lay in center of large sheet of foil (large enough to make an envelope for the sprouts. Season with salt and pepper and coat with olive oil. Toss. Fold foil over to make a pouch and seal all sides. Place in 350 degree oven and cook until fork tender. Option: add chunks of zucchini can approximately same size as sprouts to insure uniform cooking.

### Roasted Beets

Clean beets removing root and tops. Scrub with brush. Beets will be cooked with skin on as it is easier to peel after being cooked. Cut foil large enough to wrap each beet individually. Rub beet with olive oil. Season with salt and pepper. Wrap in foil. Cook in 350 degree oven until can be pierced with fork. Let cool and skin. Cut in chunks like size of other vegetables.