

## Apple-Smoked Pork Loin

Flavored wood chips are a versatile carb-free way to infuse foods with dynamite flavor. The chips are sold in a variety of flavors from hickory and mesquite to cherry and pecan. In this oregano-rubbed pork recipe, apple wood chips impart a subtle sweetness and a full-bodied smoky flavor.

**SERVINGS: 8 servings**

**CARB GRAMS PER SERVING: 1**

### Ingredients

- 3 cups apple wood or orange wood chips or 6 to 8 apple wood or orange wood chunks
- 1 2- to 2-½-pound boneless pork top loin roast (single loin)
- 2 teaspoons dried oregano, crushed
- 4 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon coarsely ground black pepper



### Directions

- 1.** At least 1 hour before cooking, soak wood chips or chunks in enough water to cover.
- 2.** Meanwhile, trim fat from roast. Place roast in a shallow dish. In a small bowl, stir together dried oregano, garlic, salt, and pepper. Sprinkle evenly over all sides of roast; rub in with your fingers.
- 3.** Drain wood chips. Prepare grill for indirect grilling. Test for medium-low heat above drip pan. Sprinkle half of the drained wood chips over the coals.
- 4.** Place roast on grill rack directly over drip pan. Cover and grill for 1 to 1 ½ hours or until internal temperature registers 155° F on an instant-read thermometer. Add more coals and remaining wood chips as needed during grilling.
- 5.** Remove roast from grill. Cover with foil; let stand for 15 minutes. The temperature of the meat will rise 5° F during standing. To serve, slice pork. Makes 8 servings.

### Nutrition Facts

**Servings: 8**

**Calories 190**

**Total Fat 9g**

**Saturated Fat 3g**

**Cholesterol 74mg**

**Sodium 214mg**

**Carbohydrate 1g**

**Protein 24g**

### Diabetic Exchanges

**Lean Meat (d.e.) 3.5**