

Recipes for a festive holiday feast

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(HealthDay)—Elegant holiday dishes are surprisingly easy to pull off when you stick to only a few ingredients. Try this delicious pork loin roast flavored with fragrant dried herbs and the perfect accompaniment—apples and sweet potatoes.

Roasted Pork Loin

- 2-pound [pork](#) loin
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground [black pepper](#)
- 1 tablespoon [extra-virgin olive oil](#)
- 1/4 cup Dijon mustard
- 2 teaspoons mixed herbs, such as thyme, rosemary and sage

Preheat oven to 400 degrees.

Sprinkle pork with salt and pepper, then brown in a large, oven-proof skillet with the oil over medium-high heat for about 4 to 5 minutes. Turn off the heat and coat with the Dijon mustard and herbs.

Cover loosely with [aluminum foil](#) and bake 35 to 40

minutes.

Remove from oven and allow roast to rest 8 to 10 minutes so the juices can redistribute. Slice against the grain and serve.

Yield: 4 to 6 servings

Apple and Sweet Potato Bake

- 3 large [sweet potatoes](#), peeled and thinly sliced
- 3 medium apples, thinly sliced
- 1 medium orange, zested and juiced
- 1/4 cup dark brown sugar, packed
- 1 teaspoon pumpkin pie spice
- 1/4 cup walnut pieces or chopped walnuts

Preheat oven to 375 degrees.

In a large bowl, toss sweet potatoes, apples, orange zest and juice, sugar and spice. Transfer to a 9-by-13-inch baking dish. Cover with foil and bake 40 to 45 minutes.

Remove foil, sprinkle with walnuts and bake for another 15 minutes, just until the walnuts begin to brown.

Yield: 4 to 6 servings

More information: The American Heart Association has more [healthier holiday dishes](#) on its website.

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