

HERB PORK CHOPS WITH VEGETABLES

INGREDIENTS:

❖ Pork Loin Chops	4 ea
❖ New Red Potatoes	8 ea
❖ Baby cut Carrots	3 Cups
❖ Onion	1 ea
❖ Italian seasoning	$\frac{3}{4}$ tsp
❖ Salt	$\frac{1}{2}$ tsp
❖ Pepper	$\frac{1}{4}$ tsp
❖ Garlic	1 clove
❖ Olive oil	1 TBSP

METHOD:

1. Trim fat off pork.
2. Cut onion into 8 wedges.
3. Chop garlic (should be finely chopped)
4. In small bowl, mix Italian seasoning, salt, and pepper.
5. In large bowl, mix potatoes, carrots, onion, and garlic.
6. Sprinkle with oil and half of herb mixture; toss to coat evenly.
7. Place in center of 15 X 10 X 1 inch baking pan or dish.
8. Bake 20 minutes at 450°
9. Stir Vegetables.
10. Sprinkle remaining herb mixture over pork chops.
11. Place pork chops around vegetables.
12. Bake 15 – 20 minutes or until pork is no longer pink in middle and vegetables are tender.

NOTES:

- I strongly advise using a cooking spray to coat baking dish.
- Pork should read 160° on meat thermometer.

YIELD:

- 4 servings

