

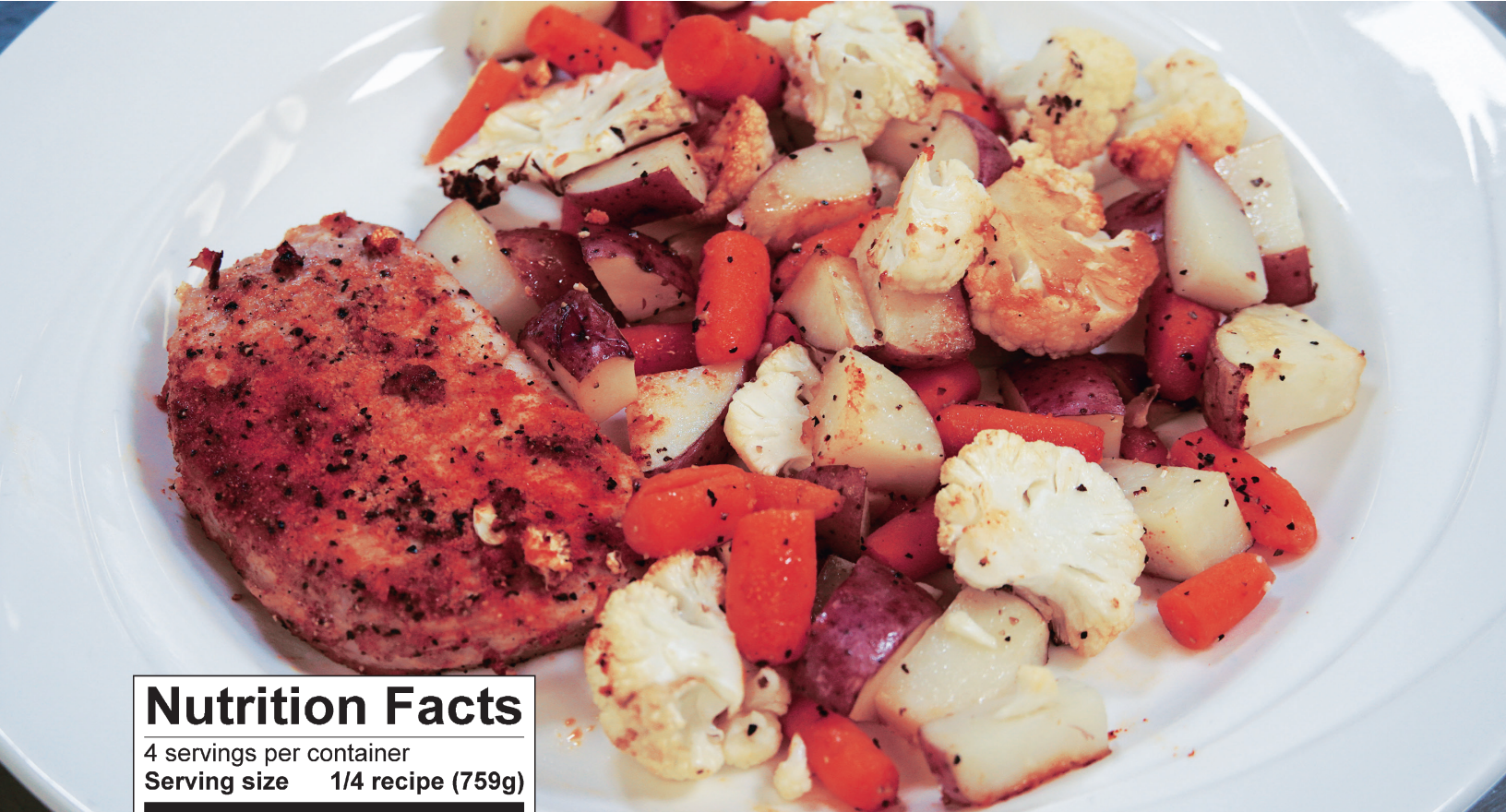


# Baked Pork Chops with Vegetables

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4** 



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (759g)

Amount per serving  
**Calories 650**

% Daily Value\*

<b>Total Fat</b> 21g	27%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 610mg	27%
<b>Total Carbohydrate</b> 74g	27%
Dietary Fiber 13g	46%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 46g	
Vitamin D 1mcg	6%
Calcium 123mg	10%
Iron 6mg	35%
Potassium 2836mg	60%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 3 cups cauliflower florets
- 8 small red potatoes
- 3 cups baby carrots
- 4 tablespoons olive oil
- ½ teaspoon salt
- 2 teaspoons ground black pepper
- 4 (6-ounce) boneless, lean pork chops
- 2 teaspoons paprika
- 2 teaspoons onion powder

Recipe adapted from USDA Mixing Bowl

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dinner time is family time

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# Instructions:



## 1. Preheat

Preheat oven to 400°F.

## 2. Prep vegetables

Rinse cauliflower, potatoes, and carrots thoroughly. Cut large cauliflower florets into smaller pieces. Halve the baby carrots and chop the red potatoes into a similar size. Vegetables should be close in size for even cooking. Set aside in a bowl.



## 3. Make seasoning

In a small bowl, mix ¼ teaspoon salt, 1 teaspoon ground black pepper, 2 teaspoons paprika, and 2 teaspoons onion powder.



## 4. Season pork chops

Coat each side of the pork chops with 2 tablespoons olive oil and the seasoning. Place pork chops in the center of a large baking sheet lined with foil or parchment paper and set aside.



## 5. Season vegetables

To the bowl of vegetables, add remaining salt, ground black pepper, and olive oil and mix. Lay vegetables around the edge of the cooking sheet with pork chops. Cover the pork chops and vegetables with foil to prevent burning.



## 6. Bake and serve

Bake for 20 to 30 minutes until the internal temperature of the pork chops is 145°F, and the potatoes are cooked. Remove the foil a few minutes before the pork is cooked to brown the pork and potatoes. Serve pork chop with roasted vegetables.

## Did you know ?

- » Roasting vegetables is an easy way to cook vegetables!
- » Cauliflower can be used as a rice and mashed potato substitute.

## Try these tips!

- » Swap with in-season vegetables for a cheaper alternative.
- » Exchange the pork chops with any protein like chicken!