



Roasted Pork Chops with Butternut Squash, Brussels Sprouts, and Apples

Servings

4

Calories

450

Prep Time

20 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

- 1 (20 ounce) bag Mann's Butternut Squash
- 1 (12 ounce) bag Mann's Brussels Sprouts, quartered
- 1 large apple, cored and rough chopped
- 4 tablespoons extra virgin olive oil, divided
- 4 sage leaves, chiffonade
- 1 teaspoon salt, divided
- 5 tablespoons Dijon mustard
- ½ teaspoon granulated garlic
- ¼ teaspoon black pepper
- 4 boneless thick center cut pork loin chops
- 12 sprigs of fresh thyme



The Method

Preheat oven to 400°F.

Add butternut squash, sprouts, apple, and 2 tablespoons olive oil to a large mixing bowl. Toss until evenly coated. Add sage leaves and ½ teaspoon salt and toss again. Then, set aside.

In a separate mixing bowl, add remaining olive oil and salt, mustard, garlic, and black pepper. Stir until combined and then add pork chops and rub each chop until evenly coated.

Place chops on a lined baking sheet and lay thyme sprigs over the top. Pour vegetable mixture around chops in single, evenly spaced layer.

Bake for 25 minutes on the middle rack or until pork chop reaches 145°F at center.

Nutrition Facts

Serving Size: 450g | Servings: 4

Amount Per Serving

Calories 450 | Total Fat 23g (sat fat 5g trans 0g) | Cholesterol 33mg | Sodium 1120mg | Total Carbohydrate 33g | Dietary Fiber 9g |
Sugars 9g (Includes 0g Added Sugars) | Protein 28g | Vitamin A 6% | Calcium 15% | Iron 30% | Potassium 30%

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