

Orange Pork Chops

Rating: ★★★★★

Makes: 2 servings

Ingredients

- 2 pork chops
- 1 sweet potato (peeled, medium)
- 1/2 orange (sliced)
- cinnamon (dash, optional)
- salt (dash, optional)
- black pepper (dash, optional)

Directions

Preheat oven to 350 degrees.

1. In a medium skillet, brown pork chops in a small amount of oil.
2. Cut sweet potato into 1/2-inch slices.
3. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings if desired.
4. Cover and bake for 1 hour until meat is tender.

Fight BAC!... Cook pork to 145 degrees.

Utah State University Cooperative Extension, Simply Seniors CookbookUtah Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	400	
Total Fat	17 g	26%
Protein	42 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	6 g	30%
Sodium	120 mg	5%