

H.E.R. FAMILY MEALBOOK

SHEET PAN RECIPES

RECIPE NAME: Pork Loin Chops and Potatoes

YIELD:
4 servings

PREP TIME:
15 minutes

COOK TIME
25-30 minutes

TEMP:
425° F.

EQUIPMENT & SUPPLIES:

15 x 10 baking sheet
cutting board
slicing knife
small meal prep bowls (if needed)
measuring spoons - 1/4 t., 1/2 t., 1 T.
aluminum foil

INGREDIENTS:

non-stick cooking spray (if needed)
boneless pork loin chops - 4 (1 in. thick)
olive oil - 1 t.
garlic salt - 1/2 t.
ground black pepper - 1/4 t.

potatoes (Yukon Gold) - 1 lb.
sweet onion - 1 large, thinly sliced
olive oil - 3 t.
garlic salt - 1/2 t.
smoked paprika - 1/2 t.

NOTES:

- Season chops with preferred seasoning - sea salt, seasoned salt, garlic salt or any combination. You may like a little more than recipe suggests.
- For added flavor to potatoes, add 2 T. snipped fresh chives
- Baking time may vary, depending on thickness of chops and potatoes

PROCEDURE:

1. Preheat oven to 425° F.
2. Spray sheet pan with non-stick cooking spray or line with foil
3. Trim fat from pork chops and place at one end of sheet pan
4. Brush chops with 1 t. olive oil and sprinkle with 1/4 t. garlic salt and 1/4 t. and freshly ground pepper
5. Cut an 18" square of foil
6. Cut washed and dried potatoes in 1/2 in. slices and place on foil
7. Add thinly sliced onions on foil with potatoes
8. Drizzle with 3 t. olive oil and sprinkle with 1/2 t. garlic salt and 1/2 t. smoked paprika
9. Bake for 25-30 minutes until chops register 145°F and potatoes are tender