

Orange & Sweet Potato Pork Chops

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This recipe is a great source of protein and the sweet potatoes add important vitamin A. Thanks to the orange and cinnamon flavoring, you may be able to skip the salt entirely.

Once you've assembled this main dish, you're free to do something else while it is baking. Read the paper, take a walk, put in a load of wash or just relax! I had company the night I prepared this and it was easy to toss in an extra pork chop and add another sweet potato.

Makes: 2 servings

Ingredients

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

Directions

1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potato into 1/2-inch slices.
4. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings if desired.
5. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to 145 degrees F, followed by a 3 minute rest.

Nutrition Facts: Calories, 270; Calories from Fat, 100; Total Fat, 11g; Saturated Fat, 4g; Trans Fat, 0g; Cholesterol, 65 mg; Sodium, 85mg; Total Carbohydrate, 17g; Dietary Fiber, 3g; Sugars, 6g; Protein, 25g.

Source: Adapted slightly from *Simply Seniors Cookbook*, Utah Family Nutrition Program, Utah State University Extension, available at Food Stamp Nutrition Connection Recipe Finder

Alice's Notes: In assembling this dish, I put the sweet potatoes on the bottom, followed by a sprinkling of cinnamon. Next came the pork which lent flavor to the sweet potatoes as it baked. Then, I added a dash of pepper on top of the pork.

