

MEAT CASE



Pan Roasted Loin, Fruits and Veggies



Source: Defense Commissary Agency



Ingredients: 4 servings

- 4 boneless pork loin chops (4-6 oz. each, 1 inch thick)
- 3-4 medium-sized potatoes, diced to equal 2 cups
- 2 medium sweet potatoes, diced to equal 2 cups
- 2 medium Granny Smith apples, cored and sliced into quarters
- 1½ pounds fresh asparagus, hard stalks removed, and then cut into 1-inch pieces ½ tsp. cumin
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup olive oil
- A couple of dashes of cinnamon
- Cooking spray

Directions: Preheat oven to 425 degrees F

1. Lightly spray with cooking spray or use a few drops of olive oil to lightly cover the pan. This will prevent sticking.
2. In a small bowl, mix the olive oil with cumin, garlic and onion powders, salt and pepper. Place the pork loins in one section of the baking dish. In sections dedicated to each item, place the sweet potatoes, potatoes, and asparagus in a single layer. Lightly coat the items on the pan with the olive oil mixture. Leave a space for the apple slices next to the pork.
3. Place the pan in the oven and bake for 10 minutes. Flip the pork and place the apples next to the pork so the juice can run into the apples. Sprinkle the apples lightly with cinnamon.
4. Return the pan back to the oven and cook for an additional 15-20 minutes or until the apples are tender and the pork reaches 145 degrees F, using a meat thermometer.
5. Remove the pan from the oven and let it rest for 5-10 minutes before serving.

Notes:

- This technique is a great way to use up a variety of vegetables while placing it in the oven and leaving it to cook. Play with the meats, spices and veggies and use this for a quick dinner or to meal prep for a week's worth of meals.
- Change up what is portioned out for lunches. For example, for this recipe you could use sweet potatoes and apples for one lunch, and potatoes and asparagus for others.