

LEMON-DIJON PORK SHEET PAN

Preparation: **20** minutes | Cooking: **20** minutes | Servings: **4**

INGREDIENTS

*4 boneless pork loin chops
(6 ounces each)
1 garlic clove, minced
1-1/2 pounds sweet potatoes (about 3
medium), cut into 1/2-inch cubes
1 pound fresh Brussels sprouts
(about 4 cups), quartered
4 teaspoons Dijon mustard
2 teaspoons grated lemon zest
2 tablespoons canola oil
1/2 teaspoon salt*



INSTRUCTIONS

Preheat oven to 425°. In a large bowl, mix first four ingredients; gradually whisk in oil. Reserve 1 tablespoon mixture. Add vegetables to remaining mixture; toss to coat. Place pork chops and vegetables in a 15x10x1-inch pan coated with cooking spray. Brush chops with reserved mustard mixture. Roast 10 minutes. Turn chops, and stir vegetables; roast until a thermometer inserted in pork reads 145° and vegetables are tender, 10-15 minutes longer. If desired, sprinkle with pepper. Let stand 5 minutes before serving.