



Orange Pork Chops

Serving size: 1 pork chop

Yield: 2 servings

Ingredients:

2 pork chops

1 peeled sweet potato

1/2 sliced orange

Dash of cinnamon

Dash of salt

Dash of black pepper



Directions:

1. Preheat oven to 350 degrees F.
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.
5. Cover and bake for 1 hour until meat is tender. (**Note:** Pork should reach an internal temperature of at least 160 degrees F)

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 by Alice Henneman, University of Nebraska-Lincoln Extension, from *Simply Seniors Cookbook*, Utah Family Nutrition Program, Utah State University Extension.



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