



# Noreen's Kitchen

## Savory Pork Chop

### Sheet Pan Dinner

#### Ingredients

2 pounds bone in, pork loin chops	1/2 head cabbage, cut into 4 wedges
1 pound sweet potatoes, peeled & sliced	1/4 cup olive oil, divided
1 pound baby cut carrots, washed	2 teaspoons chicken seasoning blend
2 Granny Smith Apples, cored & sliced	2 teaspoons roasted garlic seasoning
2 sweet onions, peeled & sliced thick	

#### Step by Step Instructions

Preheat oven to 400 degrees.

Prepare two sheet pans with aluminum foil.

Wash all the vegetables with cool water and drain.

Slice the sweet potatoes and cut into half moons.

Arrange pork chops on one of the baking sheets. Drizzle with 1 tablespoon of olive oil. Using your hand, spread oil evenly on each chop.

Sprinkle with chicken and roasted garlic seasonings.

Turn chops over. Drizzle with another tablespoon of oil and sprinkle with more of the seasonings.

Arrange the sweet potatoes and carrots on the remaining sheet pan.

Drizzle with 1 tablespoon of olive oil and sprinkle with more of each of the seasonings. Give this a toss with your hands to coat and distribute the veggies with the oil and seasonings.

Place the cabbage wedges on top of the sweet potatoes and carrots. Drizzle with olive oil and sprinkle with a bit of salt if desired.

Place both sheet pans in the oven together, on separate racks, if necessary. Bake for 30 to 45 minutes or until the veggies are tender crisp and the sweet potatoes are caramelized and the pork chops are cooked through and no longer pink in the center.

Remove from oven and allow to cool for five minutes before serving.