



Grilled Pork Chops with Herb Rub and Baked Sweet Potato ~ choose one side item to complete your meal

Grilled Pork Chops with Herb Rub

4 servings

½ Tbsp	Thyme, ground
½ Tbsp	Marjoram, ground
½ Tbsp	Sage, dried and crumbled
½ Tbsp	Basil, dried and crumbled
½ Tbsp	Lemon peel, grated
1 lb	Pork chops, center cut and boneless

Mix together the thyme, marjoram, sage, basil and lemon zest in a small bowl. Rub the mixture onto all surfaces of the pork chops. Then, wrap chops in plastic wrap and place them in the refrigerator for 1-24 hours. Unwrap chops and grill them over high heat for about 5 minutes per side, depending on thickness. Pork is done when a meat thermometer reads 160 degrees.



Recipe Nutrition per serving (chicken and rice)

152 calories; 18 gm protein; 5 gm carbohydrate; 7 gm total fat; 3 gm saturated fat; 48 mg cholesterol; 3 gm fiber; 46 mg sodium

To Make Sweet Potato: Wash potato in tap water. Pierce the skin several times with a fork. Place in a 425 degree oven (or microwave oven). Cook for 45-60 minutes (conventional oven) or 15-20 minutes (microwave oven). Potato is done when soft if poked with a fork.

Side Items:

1. Steamed Fresh Cabbage (red or green) – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. Onion Flavored Green Beans or Broccoli – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. Orangey Carrots – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 tsp orange zest and stir.