



Parmesan Crusted Pork with Sweet Potato ~ choose one side item to complete your meal

Parmesan Crusted Pork

Serves 8

1 cup	Plain bread crumbs
¼ cup	Parmesan cheese, grated
1 tsp	Dried thyme
¼ tsp	Salt
½ tsp	Black pepper
2 lb	Pork tenderloin*
1	Egg, beaten
3 Tbsp	Butter, melted

Preheat oven to 425 °. Combine bread crumbs, cheese, thyme, salt and pepper in a shallow dish. Dip pork in egg, then in bread crumb mixture. Place pork in roasting pan sprayed with cooking oil spray. Drizzle melted butter over pork. Bake for 25 min. or until a meat thermometer reads 160 °. Cover with aluminum foil after taking out of the oven and let pork rest for 5 min. before slicing.



Recipe Nutrition per serving

234 calories; 25 gm protein; 10 gm carbohydrate; 10 gm total fat; 4 gm saturated fat; 100 mg cholesterol; 1 gm fiber; 302 mg sodium

To Make Sweet Potato: Wash potatoes. Pierce the skin several times with a fork. Place in a 425 o conventional oven and cook for 45-60 minutes, or cook 15-20 minutes in a microwave. Potatoes are done when soft and easily pierced 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.