

Sheet Pan Pork Chop Dinner

A sheet pan dinner makes for easier work than grilling once it's in the oven, making it a nice weekday dinner choice. The seasoning dressing in this recipe is a nice one for almost any meats and vegetables too, so try it out on other combos.

INGREDIENTS

3 tablespoons olive oil	4 bone-in pork chops
¼ cup maple syrup	1 quart of small potatoes - scrubbed and cut in half
1 tablespoon Dijon mustard	1 bunch of carrots - scrubbed and cut into 1½" pieces
1 tablespoon rice vinegar	4 shallots, sliced into quarters
½ tablespoon Dragon's Blood Elixirs hot sauce of choice	2 cups fresh beans, stems removed
4 tsp. reduced-sodium soy sauce	
2 garlic cloves, minced	
Sea salt and fresh ground pepper, to taste	



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DIRECTIONS

Preheat oven to 400°F.

In a small bowl, combine oil, maple syrup, mustard, vinegar, hot sauce, soy sauce, garlic, and salt and pepper to taste.

In a large resealable plastic bag or container, add pork chops and half the oil mixture; seal and toss to coat.

Remove chops and place flat, in a single layer, in an extra-large baking dish; discard used marinade.

Place potatoes, carrots and shallots in another large resealable plastic bag or container and add remaining oil mixture.

Seal and toss to coat then place in a single layer around pork chops. Roast for 25 minutes.

Add beans and roast for 5-10 minutes or until pork is cooked through and the temperature on a meat thermometer reaches 145°F, turning veggies halfway through cook time.

Market Shopping List

- Shallots - 18th Century Purity, Easy Pickin', Riverview, Wayne's Organic
- Carrots - Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Beans - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Garlic - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Maple syrup - Hydeville Sugar Shack
- Pork chops - Proctor Hall Farm
- Hot sauce - Dragon's Blood Elixirs
- Olive oil - Ariston
- Sea salt, black pepper, Dijon mustard, rice vinegar, soy sauce - **Highland Park Market of Coventry**



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