

One-Pan Honey Mustard Pork Chops and Veggies

INGREDIENTS

- 1 lb. boneless pork chops (*or 1 ¼ lbs. bone-in chops*)
- 1 lb. small new potatoes, halved lengthwise
- ¼ cup Honey Mustard
- 1 ½ Tbsp. olive oil
- ¼ tsp. dried thyme
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. dried oregano
- ⅛ tsp. dried sage (ground)
- ¼ tsp. salt
- 12 ounces fresh green beans, ends trimmed
- Salt and Pepper, to taste
- Chopped fresh parsley, for garnish (*optional*)

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Line a large baking sheet with foil.
3. Toss halved potatoes with 1 Tbsp. olive oil and spices (thyme, garlic and onion powders, oregano, sage and salt). Arrange potatoes cut-side down on baking sheet. Bake 25 minutes in preheated oven.
4. While the potatoes are baking, place pork chops and Honey Mustard in a shallow dish and turn chops to coat. Sprinkle with salt and pepper.
5. Trim ends from green beans and toss with remaining ½ Tbsp. olive oil and a pinch of salt.
6. After 25 minutes, remove pan from oven and push the potatoes to one side (no need to flip them).
7. Add pork chops and green beans to the pan.
8. Bake an additional 10-15 minutes or until pork chops register 145 degrees F on a thermometer and vegetables are done. If veggies need a little more time to cook, remove pork chops to a plate and cover to keep warm then return veggies to the oven to roast a bit longer.
9. Sprinkle with chopped fresh parsley and lemon wedges, if desired.

NUTRITION INFORMATION:

Serving size: ¼ of recipe for 1 serving

Calories: 382 Sodium: 464mg Fat: 17g Carbohydrates: 24g

Fiber: 3g Protein: 27g