



Ranch Pork Chop (Low Carb)

Ingredients:

Boneless pork chop, ranch seasoning, Yukon potato, canola oil, garlic, broccoli. Served with dinner rolls.

All you do:

1. Twenty-four hours before cooking, thaw the pork chop pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On the same day of cooking, pull the dinner rolls from the freezer to thaw in the refrigerator. Note: 2-3 hours before serving the rolls, remove them from the refrigerator to get to room temperature. Another option would be to warm the rolls in the oven before serving (refer to instructions below for warming the rolls in the oven).

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Remove the cover and place the foil pan of the thawed pork chops on the center rack of the preheated oven. Bake for 20 minutes. The pork should reach an internal cooking temperature of 145°F (on the cooking thermometer) to ensure that it is cooked through.
3. For warm dinner rolls, spread out the rolls on a baking sheet and place the sheet in the oven at 350°F for 5 minutes. The dinner rolls can be placed in the oven during the last 5 minutes of cooking time for the pork chops.

Chef's Tip(s): Serve the crispy smashed potatoes with toppings like sour cream, bacon bits, blue cheese, chives, green onions, etc.

Dietitian Tips & Notes:

Serve with: fresh spinach or baby arugula and cherry tomatoes

Leftovers: slice up pork and use in a stir-fry

Fun Fact: Pork is the world's most widely consumed meat.

Ranch Pork Chop with Potatoes & Veggies Nutrition Facts per serving: 501 calories, 32 g total fat (3 g saturated fat, 0 g transfat), 70 g cholesterol, 502 mg sodium, 23 g carbohydrates (9 g fiber, 3 g sugar), 28 g protein

Dinner Roll Nutrition Facts per serving: 100 calories, 2 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 130 mg sodium, 19 g carbohydrates (1 g fiber, 2 g sugar), 2 g protein