

Sheet Pan Dinner

1 pound pork loin
1-2 teaspoons olive or canola oil
Mediterranean Rub (recipe below)
2 cups thickly-sliced carrots
2 cups fresh brussels sprouts, cut in half
1 cup whole portabella mushrooms
2 cups new potato chunks
2 bulbs garlic, peeled and top third cut off
1 Tablespoon olive oil
Salt and pepper to taste

Mediterranean Rub:

2 teaspoons dried oregano
1 teaspoon dried basil
½ teaspoon lemon-pepper seasoning
¼ teaspoon garlic powder

Garnishes (optional):

Basil Pesto
Sliced lemons, limes, oranges

Preheat oven to 425 degrees. Line a rimmed sheet pan (15 in x 10 in) with parchment paper or foil. Place pork on sheet pan, trim any excess fat and brush with 1-2 teaspoons of olive or canola oil. Spread the rub over the meat with your fingers, working the rub into the meat. Combine vegetables with 1 tablespoon olive or canola oil and season with salt and pepper to taste. Spread vegetables around the meat. Bake sheet pan dinner 25 to 30 minutes or until internal temperature of pork is 145 degrees and vegetable are tender and browned. Remove from oven, cover with foil and let stand 3-5 minutes. Slice the pork and serve with the vegetables and garnishes as desired. Makes five servings.

NOTE: any combination of vegetables or protein can be used for this recipe, based on your preferences and availability of ingredients.. Don't like brussels sprouts? Substitute fresh green beans. No portabella mushrooms? Substitute another mushroom type or zucchini squash. Pork too expensive? Use chicken instead. Like a rub you already have on hand? Use it instead. The possibilities are endless!

Exchanges per Serving: 2 lean meat, 1 fat, 1.5 starch, 2 vegetables

Nutrients per Serving:

Calories: 330
Calories from fat: 90
Total Fat: 10 g
Saturated Fat: 2.4 g
Cholesterol: 55 mg
Sodium: 70 mg
Carbohydrate: 35 g
Dietary Fiber: 5 g
Protein: 23 g