



# Barbecue Pork Sheet Pan Dinner

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1 pork chop and  $\frac{1}{4}$ <sup>th</sup> of the vegetables

## Ingredients

- 1 pound boneless pork chops (four 4-ounce chops)
- $\frac{1}{4}$  cup barbecue sauce
- 2 sweet potatoes, peeled and diced (about 4 cups)
- 2 tablespoons oil, divided
- 2 tablespoons salt-free steak seasoning, divided
- 1 pound Brussels sprouts, halved

## Directions

1. Preheat the oven to 350°F
2. Line a baking sheet with aluminum foil.
3. Coat the pork chops on both sides with the barbecue sauce.
4. Place the coated pork chops in the middle of the prepared baking sheet.
5. Place the sweet potatoes in a medium size bowl and toss with 1 tablespoon of the oil and 1 tablespoon of the seasoning.
6. Spread the sweet potatoes onto one side of the baking sheet.
7. In the same bowl, add the Brussels sprouts and toss with remaining 1 tablespoon oil and 1 tablespoon seasoning.
8. Spread the Brussels sprouts onto the other side of the baking sheet.
9. Bake until the pork chops fully cooked and the vegetables are tender, about 30 minutes.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 450 | Total Fat: 11.5 g | Saturated Fat: 2.5 g  
Sodium: 280 mg | Total Carbohydrate: 53.5 g | Dietary Fiber: 9.5 g | Protein: 35.5 g**

Adapted from [www.stockpilingmoms.com](http://www.stockpilingmoms.com) | Submitted by Kristen Bertram RDN  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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