

One Pan Pork Chops, Turnips, and Green Beans

Prep Time: 10 Min Cook Time: 45 Min Total Time: 55 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 6 oz. pork and 1 cup veggies

Amount Per Serving

Calories 304 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 2g 12%

Monounsaturated Fat 2g 0%

Polyunsaturated Fat 1g 0%

Cholesterol 100mg 33%

Sodium 482mg 21%

Total Carbohydrate 16g 5%

Dietary Fiber 4g 18%

Sugars 9g

Protein 37g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

1 lb turnips, peeled and cubed

1 tbsp olive oil

Salt and pepper

1.33 lbs boneless lean pork chops (or bone-in)

2 tbsp ketchup (Paleo/Whole30 compliant or tomato paste)

1 tbsp soy sauce (GF if needed)

1 tsp Worcestershire sauce

1 tsp apple cider vinegar

1/2 tsp garlic powder

1/2 tsp chili powder

1/4 tsp pepper

3 cup green beans



Directions

- 1 Preheat the oven to 400 degrees.
- 2 Toss the turnips with olive oil, salt, and pepper. Lay them out in a single layer on a baking sheet and place in the oven for 20 minutes.
- 3 Meanwhile, mix together the ketchup, soy sauce, Worcestershire sauce, apple cider vinegar, garlic powder, chili powder, and pepper. Brush the pork chops with the marinade on both sides, reserving about a quarter of the marinade.
- 4 Remove the sheet pan from the oven and push the turnips to one side. Place the pork chops and beans on the baking sheet. Season the green beans with salt and pepper.
- 5 Return to oven and cook for 10 minutes. Open the oven and spoon the remaining marinade on top of the pork chops. Return to oven for 5-10 minutes, depending on thickness. If desired, turn the oven up to broil the last 2-3 minutes to caramelize the top.

Notes

