



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SHEET PAN PORK CHOPS WITH SWEET POTATOES & APPLES

SPICE RUB

- 1 tablespoon brown sugar
- 2 teaspoons paprika
- 1 ½ teaspoons chili powder
- 2 teaspoons fresh thyme (or 1 teaspoon dried thyme)
- 1 ½ teaspoons garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon pepper

SHEET PAN PORK CHOPS

- 3 large sweet potatoes, peeled and diced small
- 2 tablespoons olive oil
- ½ teaspoon kosher salt
- 1 tablespoon fresh chopped rosemary (or 1 teaspoon dried rosemary)
- 4 pork chops
- 1 large apple (or 2 small apples), diced

1. Preheat oven to 425 degrees F and line sheet pan with parchment paper or aluminum foil.
2. Spread the sweet potatoes on a large sheet pan and drizzle with olive oil, salt and pepper. Roast in the preheated oven for 15 minutes.
3. While the potatoes are roasting, prepare the pork chops. Combine the spice rub in a small dish. Rub the spices on both sides of the pork chops.
4. When the potatoes are done, push them to one side and place the pork chops on the other side. Add the apples to the sweet potatoes and toss. Roast again for 12-15 minutes or until the sweet potatoes are tender and the pork reaches an internal temperature of 145 degrees.

NOTE: Store any leftovers in an airtight container for up to 5 days. Reheat everything in a 350 degree oven or in the microwave until warmed all the way through.