

Recipe of the Month

Pork with Stuffed Sweet Potato for August 2011

INGREDIENTS

- 2 medium sweet potatoes or yams
- 4 pork boneless sirloin chops, about 1/2 inch thick (1 pound)
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 cup orange juice
- 2 tablespoons orange juice
- 1/2 cup chopped apple
- 2 tablespoons finely chopped onion
- 2 tablespoons finely chopped celery



DIRECTIONS

1. Heat oven to 350°. Pierce sweet potatoes with fork to allow steam to escape. Bake 55 to 60 minutes or until tender. Cool 10 minutes.
2. While sweet potatoes cool, remove fat from pork chops. Place pork in ungreased rectangular pan, 13x9x2 inches. Mix salt, paprika, garlic powder and pepper; sprinkle half of the salt mixture over pork. Turn pork; sprinkle with remaining salt mixture. Pour 1/2 cup orange juice into pan; set aside.
3. Cut each sweet potato lengthwise in half. Scoop out pulp, leaving 1/4-inch shell. Mash pulp until no lumps remain. Beat in 2 tablespoons orange juice until light and fluffy. Stir in apple, onion and celery. Fill shells with pulp mixture.
4. Move pork to one end of pan; place yams in other end of pan. Bake uncovered about 35 minutes or until sweet potatoes are hot and pork is slightly pink in center. **Makes:** 4 servings

Nutritional Information per Serving:

Calories 270 (Calories from fat 30); Total Fat 9 g (Saturated fat 3 g); Cholesterol 75 mg; Sodium 370 mg; Total Carbohydrate 19 g; Dietary Fiber 2 g; Protein 27 g

Recipe from www.eatbetterearly.com

