

# ROASTED FENNEL PORK CHOPS

## Ingredients:

- 1 lb red potatoes, diced
- 2 Tbsp olive oil
- 1 lb 97/3 extra-lean ground pork
- 4 cloves garlic, minced
- 2 cups grilling blend frozen veggies  
(zucchini, yellow squash, red peppers, red onion)
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 1 cup frozen corn
- 1 tsp dried sage
- 1 lemon, juiced
- 1/4 cup crumbled feta cheese

## Preparation:

1. Preheat oven to 400°F.
2. In a large bowl, add fennel, carrots & cauliflower. Drizzle olive oil, garlic & 1 tsp pepper over vegetables. Toss to combine.
3. Lightly coat two foil-wrapped sheet pans with cooking spray. Spread vegetables evenly on pans & roast 15 minutes.
4. Meanwhile, in a medium bowl, combine remaining pepper & thyme. Coat pork chops & set aside.
5. Remove pans from oven. Place pork chops on pans with vegetables. Roast another 20-25 minutes or until pork is cooked through & vegetables are fork-tender. Turn pork & vegetables half way through.
6. Serve pork chops & vegetables topped with minced carrots & fennel greens.

45 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
<b>Serving size</b>	(299g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 2mg	10%
Potassium 1023mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories  
& sodium  
close to a  
match?

1 for 1  
certified

This recipe is  
1 for 1 certified  
& meets a  
lower sodium  
standard.

  
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HOME  
MADE**

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# FENNEL

## In Season

September - November

## How to Select

Choose fennel with bright white, tightly-wrapped bulbs and green, feathery stems that aren't wilted. Avoid brown spots or slits.

## How to Store

Separate the unwashed bulb from the stems and store both in a zip-closed plastic bag in the refrigerator for up to 10 days.

## Helpful Tip

All parts of fennel can be used. The white bulb can be cooked and is savory, and the green stems can be eaten raw finely minced in a salad! Also, the seeds bring a great flavor to sausage or herbed potatoes.



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