

If your intentions for 2022 included adding more fruits, veggies or other plant-based foods, sheet pan meals are one easy way to accomplish it! You can easily add diced up fruits and vegetables to a sheet pan with smaller portions of protein and then serve up a side of whole grains to round out the meal.





Meal Planning Tip:

Cook up a large batch of a grain such as brown rice or quinoa for the first meal and then plan other meals during the week to use up the leftoyers. It'll cut down on cook time for those later week meals!

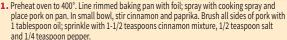
This yummy recipe for pork and apples serves 4 and takes just 25 minutes to roast. The only hands on time is about 15 minutes of prep work! If you can't find the acorn squash, swap for yams and dice them into smaller pieces to reduce their cook time.

Sheet Pan Pork Tenderloin and Apples check out inseasonezine.com.

Ingredients:

- 1-1/4 lbs. pork tenderloin
- 2 tsps. ground cinnamon
- 1 tsp. paprika
- 2 Tbsps. olive oil
- 1 garlic clove, minced
- 1 large apple, cored and chopped
- 1/2 medium acorn squash, sliced 1/4-inch thick
- 1/2 medium onion, thinly sliced
- 1/2 cup dried cherries





2. In large bowl, toss garlic, apple, squash, onion, cherries, remaining cinnamon mixture and 1 tablespoon oil, and 1/4 teaspoon each salt and pepper; spread on pan around pork. Roast 25 minutes or until internal temperature of pork reaches 145° and vegetable mixture is tender. Let pork stand 5 minutes before slicing.

