



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Achieve Plant-intentions with Simple Additions

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 leftovers. 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

For this and other recipes, check out inseasonzine.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



Directions:

1. Preheat oven to 400°. Line rimmed baking pan with foil; spray with cooking spray and place pork on pan. In small bowl, stir cinnamon and paprika. Brush all sides of pork with 1 tablespoon oil; sprinkle with 1-1/2 teaspoons cinnamon mixture, 1/2 teaspoon salt and 1/4 teaspoon pepper.
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.