

# Healthy You Recipe Challenge – Class 8

*The ingredients for this recipe are scattered across all sections of the grocery store.*

*Think about what we talked about in our Supermarket Safari class while you are shopping!*

## Pork Chop and Baked Broccoli

*(Kate Park, RD)*

**Serves 4-6**

### Ingredients:

*For Pork chops*

- 6 lean pork chops
- 2 eggs, beaten
- ½ cup whole wheat flour
- ½ cup bread whole wheat bread crumbs
- 1 tbsp paprika
- 1 tbsp rosemary

*For Broccoli*

- 2 crowns of broccoli, broken into large pieces
- 2 tbsp olive oil
- Juice from 1 lemon
- 2 tbsp parmesan cheese
- 2 cloves garlic



### Instructions

1. Mix breadcrumbs and spices together and set on a plate. Place a plate with egg mixture beside it and plate of whole wheat flour beside that. This will help with the breading process.
2. Run each pork chop under tap water, then dip into whole wheat flour, then dip into egg, then into bread crumbs until coated.
3. Place on greased baking sheet and cook in oven at 400°F for 30 minutes until cooked.
4. Meanwhile line broccoli on another baking sheet. Drizzle with olive oil and lemon juice. Sprinkle on garlic and cheese. Bake for 10 minutes in the oven until broccoli edges start to brown (don't let burn!) Serve immediately.

*Please see the reverse side of this handout for nutrient information.*



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Nutrients per serving (1 pork chop with broccoli)	
Calories (kcal)	410
Fat (g)	15
Saturated Fat (g)	5.0
Trans Fat (g)	0
Sodium (mg)	253
Carbohydrates (g)	31
Fibre (g)	6
Sugar (g)	4
Protein (g)	41

