



Roasted Pork with Sweet Potatoes & Brussels Sprouts

Ingredients

- 1 pound pork loin (center cut, boneless, lean)
- 2 shallots, finely chopped
- 4 garlic cloves, minced
- 2 sprigs of rosemary, chopped
- salt & pepper, to taste
- olive oil spray
- 1/4 cup Balsamic vinegar
- 1 giant sweet potato, sliced
- 1 pund Brussels sprouts, sliced in half



Directions

1. Heat Oven to 450 degrees. Line a baking sheet with tinfoil.
2. Chop the sweet potatoes
3. Mix the rosemary, shallots, garlic, salt, and pepper together in a small bowl.
4. Rub 1/2 of the mixture over the pork loin. Mix 1/3 of the mixture with the sweet potatoes. Mix the final 1/3 of the mixture with the Brussels sprouts.
5. Put the pork loin on the baking tray and surround with the sweet potatoes. Bake in the oven for 30 minutes.
6. Add the Brussels sprouts and Balasmic vinegar to the pan and cook for another 30 minutes.
7. This is a "one pot" meal for super simple clean up! You can always add extra balsamic vinegar after it is finished cooking.

Note

Prep time

5 mins

Cook time

60 mins

Total time

1 hour 5 mins

Get your superhero, super-antioxidants on with this colorful plate of oranges, greens, and whites. Brussels Sprouts and Sweet Potatoes have many amazing vitamins & carotenoids for super-human strength. The best part about the Roasted Pork with Sweet Potatoes & Brussels Sprouts recipe is that you cook it in 1 tinfoil-covered baking sheet, so you have minimal dishes to clean. What more can you ask for? Besides the entire meal being less than 250 calories!

Recipe courtesy of:

[Sarah Koszyk, MA, RD](#)

Nutrition Facts

Serving Size: 4 oz pork, 1/2 cup potatoes, 1 cup Brussels sprouts

Servings Per Recipe: 4

Amount Per Serving

Calories 233

Total Fat 3 g

Saturated Fat 1.2 g

Cholesterol 60 mg

Sodium 109 mg

Total Carbohydrate 20 g

Dietary Fiber 5 g

Protein 31 g