

BRC Healthy Meal of the Week

Ingredients (Servings)

12 small new red potatoes
2 tablespoons low-fat sour cream
2 tablespoons minced red onions
1 teaspoon salt
freshly ground black pepper
1 tablespoon chopped, fresh dill or parsley
2 pounds haricots verts (French string beans)
1 tablespoon olive oil
kosher salt to taste
1 tablespoon finely chopped shallots
2/3 cup plain breadcrumbs
4 teaspoons melted smart balance butter
4 teaspoons Dijon mustard
4 teaspoons freshly grated low fat parmesan cheese
2 teaspoons chopped, fresh parsley
4 boneless pork loin chops, about 4 ounces each

Cooking Instructions—Total Cooking Time

Scrub the [potatoes](#) and place in a saucepan. Cover the potatoes with water and bring to a boil.

Reduce the heat to medium and simmer until tender, about 10 to 15 minutes.

Drain the potatoes well.

Place the potatoes in a bowl and add the sour cream and onion. Stir gently and add the [salt and pepper](#). Serve warm with a sprinkle of chopped dill or other fresh herb.

In a small bowl, mix the breadcrumbs, butter, 1 tablespoon of Dijon [mustard](#), Parmesan cheese and parsley.

Season the pork chops with salt and pepper. Spread the remaining mustard on one side of each chop and place the chops (plain side down) on a [baking](#) sheet. Divide the breadcrumb mixture among the chops and pat them onto the mustard.

[Bake](#) the chops until they are fully cooked and the breadcrumbs are nicely browned, about 20 minutes.

Spread the haricots verts out on a [baking](#) sheet. Brush them with olive oil and sprinkle with salt and shallots and bake for 5 min.

Nutrition Facts

Serving Size is one pork chop, 1/2 cup potatoes, 1/3 lb haricot verts w/ shallots

Calories: 478
Carbohydrates: 56g
Fat: 13g
Saturated Fat: 4g
Protein: 37g
Sodium: 620mg
% Calories from Fat: 24%
% Calories from Saturated Fat: 8%

