

# Make-It-Easy Meal

“Very Berry” Pork Chops  
Potato Wedges  
Bread or Rolls  
Cooked Broccoli  
and Cauliflower  
2 Cookies  
Milk



For a traditional meal of “pork chops and applesauce,” use applesauce instead of strawberry jelly or jam, or serve applesauce on the side.

## Shopping List

- pork chops
- strawberry jelly or jam
- mustard
- vinegar
- potatoes
- bread crumbs
- bread or rolls
- Parmesan cheese
- broccoli and cauliflower (fresh or frozen)
- cookies
- milk



# “Very Berry” Pork Chops

---

---

- 4 pork loin chops,  $\frac{3}{8}$ -inch thick
- 1 Tbsp. cooking oil
- $\frac{1}{4}$  cup strawberry jelly or jam
- 1 Tbsp. mustard
- $\frac{1}{4}$  cup cider vinegar

1. Dry pork chops with paper towel.
2. Brown pork chops on both sides over medium heat using a large, nonstick skillet or a skillet coated with vegetable oil spray. Reduce heat to low.
3. Add preserves, mustard and vinegar. Cover pan.
4. Simmer pork chops for 10 minutes, or until sauce has thickened. To serve, spoon glaze over each pork chop.

Serves 4.

---

---

## Oven-baked Potato Wedges

1. Cut four potatoes into wedges.
2. Brush with oil, coat with  $\frac{1}{2}$  cup seasoned bread crumbs and 2 tablespoons Parmesan cheese.
3. Bake at 400°F for 25 minutes.



The "Eat for Health" Campaign was developed by the Missouri Nutrition Network, a nonprofit, collaborative effort of public and private organizations throughout the state. Partial funding for this project comes from the United States Department of Agriculture (USDA). This printing made available by University of Missouri Outreach and Extension, an equal opportunity/ADA institution.