



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

Sweet Potato & Apple Pork Chops

MyPlate is a visual guide to encourage Americans to eat a variety of foods and build healthy meals. Experts believe the best and most simple way to improve Americans' diets and combat obesity is to have Americans focus more on the proportion of each food group on their plates rather than trying to keep track of the number of servings from each group or being overly focused on the number of calories consumed throughout the day. They also believe that by following the guidance of **MyPlate**, Americans will:

- Eat a variety of foods from each food group to meet nutrient needs.
- Consume more nutrient rich foods by filling half the plate with fruits and vegetables.
- Decrease the number of empty calories from fats and sweets, while also decreasing overall number of calories consumed at meals.
- Decrease the number of high fat, high sodium, and/or high sugar foods.
- Aim to prepare more meals at home.
- Modify protein intake to be in line with actual needs.

It is important to remember that protein foods (meats, poultry, fish, eggs, legumes, and nuts) should only make up $\frac{1}{4}$ of the meal. Most adults can meet their protein needs with just 6 oz. equivalents of lean proteins per day. For reference, a 3 oz. serving of lean protein is about the size of a deck of cards.

The majority of your plate should be fruits and vegetables, so aim to have your lean meat at lunch, and dinner be no more than 3 oz., and then fill up on fruits and vegetables. This will help you decrease calories and consume more fiber and important vitamins and minerals.

This meal offers up a tasty, savory solution for adding cooked fruits to your meals, while taking advantage of the great in season fall harvest. Be sure to pay attention to the portion size of the pork chop and rice. Aim to have your plate look like **MyPlate**.



Directions

1. Place 4 pork chops (each should be about 3 oz.) single layered, in a skillet, add $1\frac{1}{2}$ cups of apple juice, cover and begin cooking on medium-high heat for 10 minutes.
2. Prepare brown rice according to package directions.
3. While the pork chops and rice finish cooking, quickly peel 3 apples and 2 medium sized sweet potatoes.
4. After 10 minutes, flip the pork chops, cover and finish cooking over medium heat for about 12 more minutes.
5. Cut the peeled apples (less the core) and sweet potatoes into large chunks, place in a microwave safe bowl, add $\frac{1}{3}$ cup of apple juice or $\frac{1}{4}$ cup of water, sprinkle with cinnamon, cover and microwave on high for 5 minutes.

Serves: 4

6. After 5 minutes, carefully uncover the apples and sweet potatoes, stir (ensure each piece is coated with juices). Cover, microwave on high for an additional 5 minutes.
7. Serve one pork chop, $\frac{1}{4}$ of the rice, topped with a sprinkle of shredded cheddar cheese, and $\frac{1}{4}$ of the apples and sweet potatoes on each plate.

NOTES:

- Try serving fruits topped with yogurt at dinner for a lite dessert.
- If eating vegetables at breakfast isn't your thing, have a little more fruit, and save the vegetables for a snack later in the day.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://commissaries.com/healthy-living/healthy-eats.cfm).