

# MEDITERRANEAN SHEET PAN PORK

HIGH IN FIBER AND PROTEIN

## INGREDIENTS

### MARINADE

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Juice of 1/2 lemon
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper

### PORK & VEGGIES

- 4 pork loin chops
- 2 medium zucchini, diced
- 1/2 box (5 ounces) grape tomatoes, quartered
- 1 red or yellow bell pepper, diced
- 1 can (15.5 ounces) low sodium chickpeas, drained and rinsed

## INSTRUCTIONS

1. Preheat oven to 350 degrees F
2. Mix all marinade ingredients in a large bowl and whisk well
3. Pour 1/2 marinade over the chops and set aside
4. Rinse and drain the chickpeas and add directly to the bowl with the remaining marinade
5. Dice vegetables and add to the bowl
6. Line a large baking sheet with aluminum foil
7. Place chops on 1/2 of the sheet and vegetables on the other
8. Roast for 15-20 minutes, flipping the chops and stirring the vegetables halfway

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DIABETES FRIENDLY



4 SERVINGS



30 MIN



# MEDITERRANEAN SHEET PAN PORK NUTRITION FACTS

## CHECK THE LABEL

### HOW CAN CONSUMING THIS MEAL HELP MANAGE YOUR DIABETES?

Keeping your blood sugar steady is about eating carbohydrate foods consistently throughout the day, and also focusing on protein and fiber to slow digestion. This recipe is incredibly high in protein thanks to the combo of lean pork and chickpeas, and it's also got more than 25% of your daily fiber needs. This combo will also help you stay full and satisfied without spiking your blood sugar.

### POTASSIUM AND DIABETES

Studies have shown a link between low potassium levels and lower production of insulin by the body. Since insulin is the hormone that controls blood sugar, it is very important to make enough with diabetes. Lean pork loin chops are an excellent source of potassium, and this recipe contains 25% of your daily needs.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(452g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>410</b>
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 4mg	20%
Potassium 1242mg	25%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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# COST BREAKDOWN

## MEDITERRANEAN SHEET PAN PORK

SHOPPING LIST	COST	COST PER SERVING
• 3 tablespoons olive oil	\$0.46	\$0.12
• 1 tablespoon red wine vinegar	\$0.09	\$0.02
• 1 lemon	\$0.58	\$0.15
• 1/2 teaspoon dried oregano	\$0.10	\$0.03
• 1/2 teaspoon dried basil	\$0.10	\$0.03
• 1/2 teaspoon garlic powder	\$0.10	\$0.03
• 1/2 teaspoon onion powder	\$0.10	\$0.03
• 1/4 teaspoon black pepper	\$0.05	\$0.01
• 4 pork loin chops	\$8.52	\$2.13
• 2 medium zucchini	\$1.86	\$0.47
• 1/2 box (5 ounces) grape tomatoes	\$1.24	\$0.31
• 1 red or yellow bell pepper	\$1.48	\$0.37
• 1 can (15.5 ounces) low sodium chickpeas	\$0.78	\$0.20
<b>TOTAL</b>	<b>\$15.46*</b>	<b>\$3.87</b>

\*Based on 4 servings. Prices obtained from Walmart.com

Leftover roasted veggies are great on salads or wraps, but they also make a delicious and diabetes friendly snack on their own. Store in an airtight container in the fridge for 3-4 days.

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