

THIRD PLACE

OLIVIA SMITH

WINTERSET, IOWA

GARLIC AND HERB ROASTED PORK CHOPS

Ingredients:

Dressing:

2/3 cup olive oil

¼ cup dried grated parmesan

3 cloves of garlic, minced

3 ½ tsp. Italian seasoning

1 ½ tsp. kosher salt

1 tsp. freshly ground black pepper

3 fresh basil leaves

½ tsp. dried basil

(4) 4oz top loin pork chops

(1) bunch thin asparagus, ends snapped off

1 ½ cups cauliflower florets

2/3 cup cherry tomatoes, halved

¾ cup yellow onion, chopped

(3) green onions, chopped

Additional salt & pepper, and olive oil for drizzling

Garlic powder

¼ cup fresh parmesan cheese, grated

Preparation:

Preheat oven to 400 degrees

Whisk all dressing ingredients until well combined.

Toss vegetables, except asparagus, with about half of the dressing.

Lightly grease an 8x13 sheet pan. Line with asparagus. Drizzle with half of the remaining dressing.

Spread vegetables over top of asparagus. Place pork chops on top of vegetables. Pour on remaining dressing, turning pork chops to coat both sides.

Dust the pork chops with garlic powder. Sprinkle salt and pepper over the entire pan. Drizzle lightly with oil.

Bake for 20 minutes. Remove from oven to turn the pork chops. Sprinkle Parmesan evenly over the entire meal.

Return to oven for about 5-10 minutes or until pork chops are thoroughly cooked. Sprinkle with additional parmesan if desired.