

WEEK  
10**HERB-CRUSTED PORK CHOPS**

- 4 boneless pork chops, fat trimmed
- 2 Tbsp Dijon mustard
- 1/2 cup Panko (or regular) breadcrumbs
- 1 tbs fresh thyme, chopped, or 1 tsp dried thyme
- 1 tbs fresh parsley, minced, or 1 tsp dried parsley
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper
- 1 tbs extra-virgin olive oil

1. Preheat oven to 450 degrees F.
2. Rub mustard evenly over pork chops.
3. Combine panko, thyme, parsley, salt and pepper in a large bowl and dredge pork chops in panko mixture.
4. Heat a large ovenproof skillet over medium-high heat. Add oil to pan and swirl to coat.
5. Add pork chops, saute for 2 minutes on each side, or until golden brown.
6. Place skillet in oven for 8-10 min or until pork is cooked through.

**APPLE-SURPRISE SALAD**

- 4 apples, diced into bite-size cubes
  - 1 large celery stalk, diced
  - 1 large Snickers bar, diced into small cubes
  - 1 small container of vanilla yogurt
- Combine all ingredients and chill.

**SUGGESTION**

*Serve with mashed potatoes*

WEEK  
10**Baked Potato Bar**

- Baking potatoes, as many as you need and of similar size
- Olive oil
- Coarse sea salt

1. Preheat oven to 400°.
2. Wash potatoes well, dry thoroughly and pierce 2-3 times on each side with fork.
3. Rub each potato with a light coating of olive oil and sprinkle top with sea salt.
4. Bake for 45-60 minutes, until done.

Meanwhile, prepare your choice of toppings: butter, sour cream, cottage cheese, bacon, ham, green onion, French fried onions, grated cheese, or cheese sauce, chili, sliced olives, chopped tomatoes, etc.

**CRISPY BROCCOLI**

- 2 lbs broccoli florets, chopped into medium pieces
- 3 1/2 tbs olive oil, divided
- Salt & pepper to taste
- 2 cloves garlic, sliced thin
- 1/2 lemon, zested and juiced
- 2 tbs. toasted walnuts (optional)
- 1/4 c grated Parmesan cheese

1. Preheat oven to 425°.
2. In a bowl, combine *dry* broccoli, 2 1/2 tbs olive oil, salt and pepper. Stir well.
3. Pour broccoli mix onto foil-covered cookie sheet and tuck broccoli slices amid broccoli pieces.
4. Roast for 20-25 minutes.
5. When broccoli is roasted to desired tenderness, remove from oven and distribute lemon zest, lemon juice, walnuts, 1 tbs olive oil, and Parmesan cheese over all.