

Parmesan Pork Chops, Potatoes and Asparagus Sheet Pan

Parmesan Pork Chops, Potatoes and Asparagus Sheet Pan Dinner



adapted from The Wholesome Dish

- 1 lb. baby red potatoes cut into 1×1 inch chunks halved or quartered depending on their initial size
- 1 tbsp. olive oil divided
- 1/2 cup grated parmesan cheese
- 1/2 cup panko breadcrumbs
- 1 tsp. garlic powder
- 1/2 tsp. ground black pepper
- 4 ½ inch thick boneless pork chops (1 pound total weight*)
- 1 lb. asparagus spears not too thick

1. Preheat oven to 350 degrees Fahrenheit. Spray a large baking sheet with cooking spray.
2. Place the potatoes on the baking sheet. Drizzle with 1/2 tablespoon of olive oil. Use your hands to mix the potatoes around in the oil until they are all completely covered. Push the potatoes to one side of the baking sheet.
3. In a shallow dish or plate, add the parmesan, panko, garlic powder, and black pepper. Stir to combine.
4. Place the pork chops on the open side of the baking

sheet. Spray the top of the pork chops with olive oil spray. Spoon half of the parmesan mixture evenly over the pork chops. Lightly press the parmesan mixture down onto the pork chops making a crust. Bake for 25 minutes.

5. Snap the tough woody ends off of the asparagus spears (they will naturally snap where the woody end ends)
6. Use a spatula to give the potatoes a stir and to make room on the baking sheet for the asparagus.
7. Add the asparagus spears to the open area of the baking sheet. Drizzle the asparagus with 1/2 tablespoon of olive oil. Use a brush to ensure the asparagus is well coated in oil. Sprinkle the remaining parmesan mixture evenly over the potatoes and asparagus. Cook for 20 minutes.

Main Course

Pork

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