

Seasonal Eating
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.Fall Sheet Pan Dinner
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Easy meals are just right for the fall season when schools are back in session and life gets busy with football and fairs and all the fall activities. Sheet pan dinners are a perfect fit for easy meals. The main dish and sides are all cooked together on one pan in the oven which makes for easy preparation and easy clean-up.

When I think of fall, I think of hearty, roasted flavors and sturdy produce. Sweet potatoes and cauliflower are perfect vegetables to roast in the oven along with some thick cut boneless pork chops. The sweet potatoes lend themselves well to fall flavorings like molasses, cinnamon, cloves and ginger. While the pork and cauliflower take on more savory fall flavors of garlic and rosemary. They all take about the same amount of time to cook so work well on a sheet pan.



The beauty of this easy meal is that you can use the same bowl to season the sweet potatoes and then the cauliflower and finally the topping for the pork chops. Just give a quick rinse or wipe out with a paper towel.

Be sure to use parchment paper on your sheet pan for easy cleanup and to keep things from sticking to the pan. Thick cut pork chops work best, about ¾-1” thick. If your chops are thinner, you may want to start the vegetables for a few minutes and then add the pork. USDA recommends to cook your pork to at least 145 degrees F. If you like your pork chops more well done, then take them to 155 degrees. You always want your meats to rest for a few minutes before cutting into them to let the juices redistribute and not run out onto the plate. This will help keep your chops moist and delicious.

So, when life gets busy and you need an easy weeknight dinner, make a sheet pan dinner! For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Pork Chops with Molasses Sweet Potatoes and Roasted Cauliflower

- 3 small or 2 large sweet potatoes, peeled and cut into ¾" cubes
- 4 tablespoons olive oil, divided
- 2 tablespoons molasses
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- kosher salt, divided
- ½ head cauliflower, cut into 1" florets
- ¼ teaspoon kosher salt

black pepper, divided
4 cloves garlic, pressed and divided
2 thick cut boneless pork chops (about 3/4"-1" thick)
1 teaspoon finely chopped fresh rosemary

In a medium bowl, toss together sweet potatoes, 1 tablespoon olive oil, molasses, ginger, cinnamon, cloves and a large pinch of kosher salt. Pour onto one end of a parchment lined sheet pan and spread to a single layer. Rinse bowl and toss together 2 more tablespoons of oil, cauliflower, 1/4 teaspoon kosher salt, a pinch of pepper and 2 cloves garlic. Pour onto opposite end of sheet pan from the potatoes and spread in a single layer. Sprinkle the pork chops with salt and pepper on both sides. Place in center of sheet pan. Mix together remaining tablespoon of oil, remaining 2 cloves garlic and rosemary. Divide between the pork chops and spread over the top. Place pan in a 400 degree oven for 30-40 minutes, until pork is cooked through and vegetables are tender.