JANE SMITH LIFESTYLE

Maple Dijon Pork Chop Sheet Pan Dinner

Prep: 15 minutes | Cook: 30 minutes | Serves: 4



This is a dinner I turn to when I want something satisfying without spending all evening in the kitchen — built around bone-in pork chops and dijon mustard.

Ingredients

- 4 bone-in pork chops
- 2 tbsp Dijon mustard
- 2 tbsp maple syrup
- 2 tbsp olive oil
- 1 lb baby potatoes
- 2 cups Brussels sprouts
- 2 carrots, sliced
- 3 cloves garlic, minced
- 1 tsp rosemary
- Salt
- Black pepper
- Fresh thyme
- Butter
- Fresh parsley

Directions

1. Preheat oven to 400°F.
2. Toss vegetables with olive oil, salt, and pepper.
3. Roast vegetables for 15 minutes.

4. Whisk together Dijon, maple syrup, garlic, and rosemary.
5. Brush pork chops with glaze.
6. Add pork chops to the sheet pan.
7. Roast 15–18 minutes until pork reaches 145°F.
8. Garnish with parsley and thyme.

Jane's Note

Want to switch it up? Substitute chicken thighs.

Can I make this ahead? Prep vegetables and glaze ahead. Can I keep leftovers? Refrigerate up to 4 days.

Storage: Refrigerate up to 4 days.

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