

1. Prep the potatoes and Swiss chard

- Preheat oven to 425° F.
- Place the sweet potatoes on a plate and wrap tightly with plastic wrap.
- Cook in microwave for about 8 to 10 minutes or until soft.
- Rough chop rainbow Swiss chard and stems into medium bite size pieces.

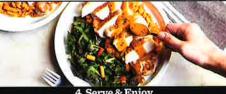


- Meanwhile, remove pork from packaging and pat dry with paper towels. Season each pork loin with a pinch each of salt and pepper on both sides.
- Heat a medium ovenproof sauté pan over medium-high heat with 1 tablespoon oil.
- Once hot, carefully add pork to pan and sear on one side for about 2 to 3 minutes. Turn pork over and cook for an additional 2 to 3 minutes.
- Place the pan in the oven and roast for an additional 3 minutes for medium. Transfer pork from pan to a plate and keep the pan on the stove. (USDA recommends cooking pork to a minimum 145°F)



3. Make the veggies

- Heat pan with 1 teaspoon oil over medium-high heat.
- Add rainbow Swiss chard with a pinch each of salt and pepper. Sauté until Swiss chard wilts but do not overcook.
- Remove sweet potatoes from microwave. Using your fingers. peel the skin away from the potatoes and discard skin. Add the potatoes to a medium bowl.
- Add butter, sugar, cinnamon, nutmeg and a pinch each of salt and pepper to the potatoes. Using a whisk or potato masher, smash the potatoes until well combined.



4. Serve & Enjoy

- Place the sweet potato mash on one side of the plate. Place the rainbow Swiss chard next to the sweet potato.
- Slice each pork chop into even slices, about 1/2-inch thick. Fan the pork over the sweet potato mash.
- Drizzle the smoked maple mustard sauce over the pork.
- Enjoy!



Smoky Maple Pork Loin

with Rainbow Swiss Chard and Mashed Sweet Potatoes

INGREDIENTS:

-	DWCCt potatocs
6 oz	Rainbow Swiss chard
2	Pork loin chops (6 oz)
2	Butter pats
1 tbsp	Brown sugar
¼ tsp	Ground cinnamon
⅓ tsp	Ground nutmeg
½ cup	Smoked maple mustard sauce

TOOLS:

- Microwave safe plate
- Microwave
- Medium ovenproof sauté pan
- Medium bowl
- Whisk or potato masher

PANTRY:

- Olive oil
- Salt
- Black pepper
- Plastic wrap

CHEF NOTES:

There may be extra of some ingredients. Rinse and pat dry produce prior to use. Recommendations for salt and pepper are optional. Please season to taste.

In Partnerable with Smithfield



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