

❖ Pork Cutlet and Potatoes ❖



Ingredients

1 bunch radishes, quartered
1 lb gold potatoes, quartered
1 sweet onion, sliced thin
1 tbsp olive oil
1 lb pork loin cutlets
½ tsp garlic powder
¼ tsp black pepper
⅛ tsp salt or MSG
½ cup Italian-style panko or breadcrumbs
1 cup nonfat Greek yogurt
1 lemon, zest and juice
2 tbsp fresh dill, chopped (or 1 tsp dried)
1 15-oz can sliced beets, drained well
1 seedless cucumber, sliced

Servings: 4

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes



➤ **Optional garnish:** chopped dill and lemon

Instructions

1. Heat oven to 400°F.
2. Mix together the radishes, potatoes, onion, and olive oil on a sheet tray. Roast vegetables for 30 minutes (or air fry until desired doneness).
3. Season pork with garlic powder, black pepper, and salt (or MSG) and place on a sheet tray.
4. Sprinkle on panko or breadcrumbs and bake for 15-20 minutes (or air fry) and cook to an internal temperature of 145°F. Let rest for 3 minutes.
5. While pork is resting, mix together the yogurt, lemon zest and juice, and dill.
6. Gently fold in the beets and cucumber.
7. Serve pork, roasted vegetables, and salad all together. Garnish as desired.

