



Chef Gavin's Jerk Pork Chops

with Roasted Sweet Potatoes and Summer Vegetable Succotash

Yield: 4 servings

Time: Approximately 35 minutes

Ingredients

2 medium sweet potatoes

4 to 6 pork chops

½ cup jerk rub (Walkerswood brand recommended)

2 ears corn

1 medium red onion

1 bell pepper

1 to 2 tomatoes (depending on size)

3 cloves garlic, minced

4 tbs olive oil

1 can black-eyed peas, drained and rinsed

Splash of chicken stock (may use bouillon cube)

Salt and pepper to taste



American Heart Association,

Healthy for Good™



St. Tammany
HEALTH SYSTEM

The American Heart Association and Healthier Northshore are working together to address the social determinant of food insecurity on a systematic level by providing fresh food, education and a community of support to keep those without access connected to healthy choices.



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Directions

1. Preheat oven to 400 degrees F.
2. Poke a couple dozen holes in the sweet potatoes with a fork and rub each with a small amount of olive oil. Place the sweet potatoes on the baking sheet and bake in preheated oven until they are soft (about 30 to 40 minutes, depending on size).
3. While the sweet potatoes bake, rub pork chops with jerk seasoning and set aside.
4. To make the succotash, cut the corn kernels from the cob and set aside. Dice the onion and bell pepper to a medium dice, then separately dice the tomato(es) and mince the garlic.
5. Add 2 tbs olive oil to a sauté pan over medium heat. Add diced onion and bell pepper to heated pan and cook until they begin browning at the edges. Add corn kernels and cook for another minute.
6. Add tomatoes, garlic, black-eyed peas and chicken stock, and sauté for 5 more minutes until the vegetables are softened. Season with salt and pepper.
7. In another sauté pan, add the remaining oil and turn the heat to high. Carefully place the pork chops in the heated pan. Cook for about 3 minutes on each side, then remove from pan let and rest 3 to 4 minutes before serving.
8. Put a scoop of the succotash, a pork chop and a half sweet potato on each plate and enjoy!