

## Ingredients:

- 12 ounces boneless pork sirloin
- 4 cups shredded green cabbage
- 2 large red apples, diced
- 2 tablespoons vegetable oil
- 2 tablespoons brown sugar
- 1 1/2 teaspoons ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon finely minced parsley



## Directions:

1. Wash hands with warm water and soap. Wash fresh fruit and vegetables before preparing.
2. Preheat oven to 375 degrees.
3. Dice apples with skin on and discard cores.
4. Cut pork into 1 inch pieces and set aside.
5. Whisk oil, brown sugar, coriander, paprika, chili powder, cumin, salt, and pepper in a 9 x 14 baking pan.
6. Add cabbage, apples, and pork to pan. Toss evenly to coat.
7. Bake in preheated oven for 30 minutes or until cabbage is tender.
8. Garnish with parsley and serve immediately.

## Nutrition Facts (Per Serving)

Calories, 240; Carbohydrates, 20 g; Protein, 21 g; Total Fat, 9 g; Saturated Fat, 1.5 g; Trans Fat, 0 g; Cholesterol, 55 mg; Fiber, 4g; Total Sugars, 16 g; Sodium, 380 mg; Calcium, 54mg; Folate, 34 mcg; Iron, 1.2 mg.

Makes 4 servings, approximately 1/4 of the pan.



# Oven Roasted BBQ Pork and Cabbage

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>