

Lean Pork! Honey Pork Chops & Green Salad with Avocado and Celery ~
choose one side item to complete your meal

Honey Pork Chops

4 servings

1 lb Pork chops, fat removed
1 Tbsp Honey

Preheat oven to 350 degrees. Place pork chops into an oven-ready pan that is sprayed lightly with cooking spray. Bake 10-15 minutes, turning after 6-7 minutes. After turning, spread honey evenly over top of chops. A meat thermometer will read 150 degrees when pork chop is done. The time depends on thickness.



Boneless center-cut pork chops on sale

Bagged salad on sale

Fresh avocados on sale

Fresh celery on sale

Olive oil on sale

Fresh limes on sale

Pork Recipe Nutrition per serving

158 calories; 21 gm protein; 4 gm carbohydrate; 6 gm total fat; 2 gm saturated fat; 0 trans fat; 66 mg cholesterol; 0 gm fiber; 45 mg sodium

To Make Green Salad with Avocado and Celery: Place about one cup of bagged salad greens on each salad plate. Top with cut-up avocado and washed, cut-up celery. Dress with olive oil and fresh lime juice or light salad dressing.

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: *May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.*