

# Pork Chops and Arugula Salad

Serves 4

## Pork Chops

4 thick cut, bone-in pork chops

Salt

Pepper

Optional- Granulated Garlic or Garlic Powder

## Salad

Arugula- about 5 oz.

Earthbound Farms is one found in local grocery stores

2 tablespoons olive oil

2 teaspoons balsamic vinegar

1 clove of fresh garlic (minced- alternatively, you can use 1 heaping teaspoon of jarred minced garlic)

salt

pepper

Set grill to medium to medium high and scrape clean. Wipe gently with paper towel soaked in oil.

Season Pork Chops with salt and pepper (optional garlic) on both sides, aiming for equal amounts of salt and pepper

Grill pork chops on each side about 2-3 minutes to get good sear. When pork chops are firm to touch, remove and let rest 5-10 minutes before serving. Want pork chops to be cooked through but with a very faint tinge of pink to the middle when sliced.

While pork chops are cooking, mix olive oil, balsamic vinegar, and minced garlic, add a pinch of salt and pepper and whisk.

Remove arugula from container and put in large bowl (all 5 oz). Toss with salad dressing you just made.

Divide salad amongst 4 plates.

Place one pork chop on each plate, laying over the salad to slightly wilt arugula, and serve.

# Pear-Quinoa Salad

[http://www.eatingwell.com/recipes/pear\\_quinoa\\_salad.html](http://www.eatingwell.com/recipes/pear_quinoa_salad.html)

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Quinoa is a quick-cooking whole grain with a slightly nutty flavor—a perfect partner for pears and walnuts in this fresh-tasting salad recipe. The flavor is best when the salad is at room temperature or cold. Refrigerate the salad for at least 15 minutes before serving.

**6 servings, about 3/4 cup each | Active Time:** 20 minutes | **Total Time:** 40 minutes

## Ingredients

- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1 cup quinoa (see Tips), rinsed if necessary
- 2 tablespoons walnut oil or canola oil
- 1 tablespoon fruity vinegar, such as pear, raspberry or pomegranate
- 1/4 cup snipped fresh chives
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 ripe but firm pears, diced
- 1/2 cup coarsely chopped walnuts or pecans, toasted (see Tips)

## Preparation

1. Bring broth to a boil in a large saucepan. Stir in quinoa, reduce heat to maintain a simmer, cover and cook until the liquid is absorbed and the quinoa has popped, about 15 minutes.
2. Meanwhile, whisk oil, vinegar, chives, salt and pepper in a large bowl. Add pears and toss to coat.
3. Drain any excess liquid from the cooked quinoa, if necessary. Add the quinoa to the pear mixture; toss to combine. Transfer to the refrigerator to cool for about 15 minutes or serve warm. Serve topped with nuts.

## Nutrition

**Per serving :** 246 Calories; 13 g Fat; 1 g Sat; 2 g Mono; 0 mg Cholesterol; 28 g Carbohydrates; 7 g Protein; 4 g Fiber; 253 mg Sodium; 332 mg Potassium

2 Carbohydrate Servings

**Exchanges:** 1 1/2 starch, 1 fruit, 2 fat