

PORK & POMEGRANATE

Time: 30 minutes

Serves: 4

Ingredients:

2 teaspoons extra-virgin olive oil
1 pound boneless pork loin chops
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
1 tablespoon butter
1 large red onion – thinly sliced
8 cups baby spinach
2 tablespoon balsamic vinegar
¼ cup pomegranate arils

Preparation:

Place a heavy pan on medium high heat and add the olive oil.

Season both sides of the pork chops with the salt and pepper. Place them in the pan and cook for three minutes on each side. Remove from the pan and set aside to stay warm.

Reduce the heat to medium low, placing the butter and onion in the pan. Stir the onion occasionally for ten minutes. Remove the onion from the pan and set aside to keep warm.

Add the spinach and vinegar to the pan, stirring often for three minutes.

Plate the spinach, topped with the pork and onions, then sprinkle with the pomegranate. Serve immediately.

Nutritional Information Per Serving:

Calories: 211
Fat: 8g
Carbs: 7g
Fibre: 2g
Protein: 28g