

Sautéed Pork Loin with Asparagus and Mixed Green Salad with Vinaigrette

YIELD: 4 SERVINGS

Gluten-free
Dairy-free
FODMAP friendly

INGREDIENTS

2 Tbsp avocado oil
4 pork chops
1 bunch asparagus
5 oz mixed greens
¼ cup balsamic vinegar
1 Tbsp dijon mustard
½ cup extra virgin olive oil
1 tomato, trimmed and diced
Salt, kosher (to taste)

DIRECTIONS

1. Preheat oven to 450°F.
2. Season all sides of the pork chops with kosher salt. Set aside for at least 15 minutes.
3. Place avocado oil (1 Tbsp) in a medium sauté pan. Heat over a medium flame.
4. Gently lay the pork chops in the preheated pan. Sear for about five minutes or until well browned. Flip the chops, turn the heat to low, and continue cooking until the chops reach 145°F internally.
5. Trim asparagus and drizzle lightly with avocado oil (1 Tbsp). Spread out evenly on a baking sheet, sprinkle with salt, and place in the upper half of the preheated oven. Cook for about six minutes or until asparagus is tender and slightly browned.
6. Place the balsamic vinegar (¼ cup), dijon mustard (1 Tbsp), extra virgin olive oil (½ cup), and a pinch of salt in a bowl. Whisk until combined.
7. Using tongs, toss the mixed greens (5 oz) with just enough of the vinaigrette to lightly coat the leaves.
8. Plate the pork chop, lay the asparagus slightly over the pork, and place the dressed greens next to them. Serve sprinkled with diced tomato.



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NUTRITION FACTS

Serving size 1 (12.9oz)

Amount Per Serving 366g

Calories 674

% Daily Value

Total Fat 51.7g 80%

Saturated Fat 10.1g 51%

Cholesterol 132mg 44%

Sodium 728mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Sugars 5g

Protein 43g 86%

Vitamin A 71%

Vitamin C 21%

Calcium 8%

Iron 21%