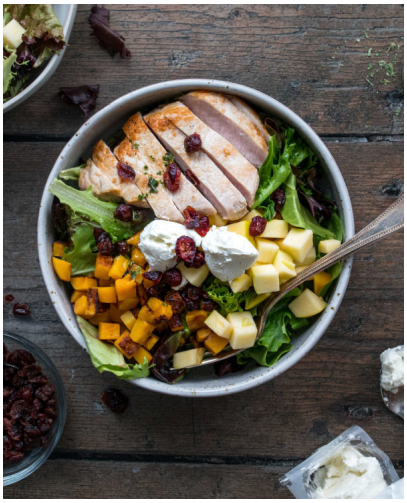

SOUPS & SALADS

GF

PORK CHOP HARVEST SALAD

This simple pork chop, butternut squash, and apple salad brings the best fall flavors together into an easy to throw together salad. Cook the pork and butternut squash at the same time to save 10 minutes.

SERVINGS:

4 people

PREP TIME:

15 minutes

COOK TIME:

10 minutes

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- [ ] 4 3-4 oz pork chops
- [ ] 3 Tablespoons apple cider vinegar
- [ ] 1 teaspoon dried oregano
- [ ] 1 teaspoon honey
- [ ] ¾ teaspoon salt, divided
- [ ] 8-12 cups mixed greens
- [ ] 2 medium Golden Delicious apples
- [ ] 4 oz goat cheese (one small package)
- [ ] ½ cup dried cranberries

OPTIONAL ADDITIONAL TOPPINGS: walnut or pecan pieces, sunflower seeds, avocado

INSTRUCTIONS:

1. Heat up two large sautee pans over medium-high heat. Once hot, pour 1 Tbsp oil into each pan, and then add squash to one and pork chops to the other. Make sure squash is in one layer. Sprinkle ¼ tsp of salt over squash, and ¼ tsp on pork chops. Cook for 5 minutes, then flip pork chops and stir squash. You want the pans to be fairly hot to get a nice sear on the squash and pork chops. Cook for another 3-5 minutes. Remove pork from the pan once it's 135 degrees, and remove squash when it's soft and you can easily pierce larger pieces with a fork. Let pork rest at least 5-10 minutes before cutting into strips or bite sized pieces.

2. Prepare salad dressing by adding remaining olive oil, apple cider vinegar, oregano, honey, and salt to medium mixing bowl. Whisk together and set aside.

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