



Grilled Lemon-Spinach Stuffed Pork Chops with Shaved Summer Squash & Tomato Salad

Prep: 30 minutes

Grill: 12 minutes • Serves: 4

- 1 garlic clove, minced
- 3 tablespoons finely chopped shallot
- ¼ cup olive oil
- 1 bag (8 ounces) baby spinach
- ¾ teaspoon lemon zest
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 4 boneless center-cut pork chops (about 2 pounds)
- 2 tablespoons fresh lemon juice
- 1½ teaspoons chopped fresh chives
- ½ teaspoon honey
- 1 pinch crushed red pepper
- 2 small yellow squash and/or zucchini, thinly shaved with vegetable peeler
- 1 cup halved grape tomatoes
- ½ cup whole milk ricotta cheese

1. In large skillet, cook garlic and shallot in 2 teaspoons oil over medium heat 2 minutes or until softened, stirring occasionally. Stir in spinach and cook 2 minutes or until spinach is wilted; remove from heat. Stir in lemon zest, ¼ teaspoon salt and ⅛ teaspoon black pepper; cool 5 minutes and coarsely chop.

2. Prepare outdoor grill for direct grilling over medium heat. With sharp knife, carefully cut a horizontal slit in thickest part of each pork chop to create a pocket; stuff each pork chop with about 2 tablespoons spinach mixture. Coat pork chops with 1 teaspoon oil; sprinkle with ½ teaspoon salt and ¼ teaspoon black pepper. Place pork chops on hot grill rack; cover and cook 12 minutes or until internal temperature of pork chops reaches 145°, turning once halfway through cooking.

3. In medium bowl, whisk lemon juice, chives, honey, red pepper and remaining ¼ teaspoon salt and ⅛ teaspoon black pepper; whisking constantly, drizzle in remaining 3 tablespoons oil until emulsified. Add squash and tomatoes; toss until well combined.

4. Serve pork chops with salad dolloped with cheese.

*Approximate nutritional values per serving:
637 Calories, 42g Fat (13g Saturated), 152mg Cholesterol,
818mg Sodium, 13g Carbohydrates, 3g Fiber, 55g Protein*

Dietitian's Dish

> The serving size of this recipe is actually twice the recommended size for a meat portion. A 3-4 oz. portion should be the size of a deck of cards or palm of hand (not including fingers). can cause cancer.