

Pork Loins Chops WITH GREMOLATA

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Although best known as a garnish, parsley is much more than a pretty face: The fragrant herb is an excellent source of vitamins A, C and K, the latter of which has been gaining attention for its potential to treat Alzheimer's disease.

INSTRUCTIONS:
ONE: Prepare gremolata: In a small bowl, combine parsley, lemon zest, garlic, $\frac{1}{8}$ tsp salt and olive oil. Let sit at room temperature for 15 minutes.
TWO: Meanwhile, preheat grill to high. **(NOTE:** Lightly oil grill grate with cooking oil if using an indoor grill.) Sprinkle both sides of pork chops with remaining $\frac{1}{8}$ tsp salt and pepper, dividing evenly. Grill chops until cooked through and no longer pink in center, turning once, about 8 minutes total. To serve, top each pork chop with gremolata, dividing evenly.

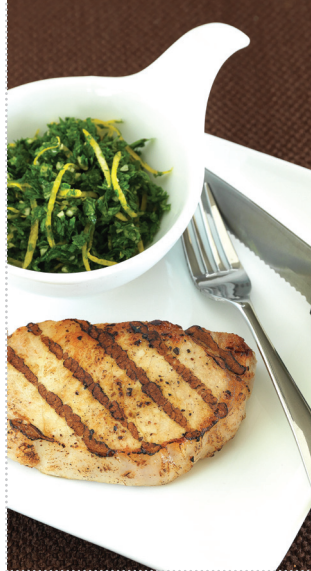
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FOLD LINE

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PORK LOIN CHOPS WITH GREMOLATA

Serves 6. Hands-on time: 9 minutes. Total time: 20 minutes.



INGREDIENTS:

- $\frac{1}{2}$ cup finely chopped fresh Italian parsley
- Zest 1 lemon
- 2 cloves garlic, minced
- $\frac{1}{4}$ tsp sea salt, divided
- 1 tsp olive oil
- High-heat cooking oil (such as safflower, sunflower, peanut or grape seed oil), as needed, optional
- 6 4-oz boneless center-cut pork chops, trimmed of visible fat
- $\frac{1}{8}$ tsp fresh ground black pepper

Nutrients per serving (1 pork chop and 4 tsp gremolata): Calories: 170, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 1 g, Fiber: 0 g, Sugars: 0 g, Protein: 25 g, Sodium: 150 mg, Cholesterol: 65 mg