



mealeasy[®]

Happy Father's Day

Grilled Pork Chops with Feta & Tomatoes

Servings: x4 Prep Time: 10 mins
Cook Time: 15 mins

Ingredients:

2 tsp olive oil
1/2 tsp vinegar, balsamic
1 tsp lemon zest
1/2 cup tomatoes, hot house, seeded, chopped
1 lb pork loin, boneless cut into 4 chops
1/4 tsp sea salt
1/2 tsp pepper, black freshly ground
3 tbsp cheese, feta, crumbled
2 tsp oregano, fresh, chopped
1 clove garlic, minced



Instructions: Preheat the barbecue. Mix together the olive oil, balsamic and lemon zest. Toss the tomatoes with the dressing and set aside. Season the pork chops with the salt and half of the pepper. Grill the pork chops until cooked through, about 10 minutes, turning over once. Mix the feta, oregano and garlic together with the tomatoes and remaining pepper. Serve the pork chops topped with the tomato mixture.

Grilled Sweet Potato & Asparagus

Servings: x4 Prep Time: 4 minutes Cook Time: 30 minutes

1 lb sweet potatoes, scrubbed
2 tsp olive oil

32 asparagus spears
1 tsp olive oil
1/8 tsp sea salt
1/4 tsp black pepper, freshly ground

Cook the sweet potato whole in a pot of salted water until just cooked, but firm, about 25 mins. Preheat the BBQ on high. Allow sweet potatoes to cool slightly on a plate, then slice into 1/4 inch rounds. Brush the rounds with olive oil. Grill on both sides until slightly charred, about 5 minutes.

Trim the asparagus while sweet potatoes are simmering. Toss the asparagus with olive oil, salt & pepper. Put them on the BBQ just before grilling the sweet potatoes. Cook for about 6 minutes.

Fresh Fruit with Vanilla Sour Cream

Servings: x4 Prep Time: 10 minutes

1/2 cup sugar
1 tsp vanilla extract
1 1/2 cups sour cream, fat free
1/2 cup fresh strawberries, halved
1/4 pineapple, fresh, cut into 1" pieces
1 red apple, sliced into bite size pieces
1 cup banana, sliced 1/4" thick

Stir sugar and vanilla into sour cream until sugar is dissolved. Slice and divide fruit among four dessert dishes.

Spoon dip on top of sliced fruit. Serve immediately.

