

Pork Chop, Squash & Kale – from the Kitchen of Gail Johnson

A simple, easy to prepare and delicious dish that's surprisingly low in calories and good for you too!

- 1 small butternut squash – peeled and cut into 1½-inch dice**
- 2 tablespoons fresh sage leaves**
- 2 tablespoons extra-virgin olive oil**
- 4 pork chops (½-inch thick & well trimmed of fat) about 1 lb total**
- 2 garlic cloves, thinly sliced**
- 1 large bunch kale, remove stems chop roughly**

1. In a large rimmed baking sheet, toss the squash, sage, with 1 tablespoon olive oil, ½ teaspoon salt, and ¼ teaspoon pepper. Roast in a 400° F oven, tossing once, until tender - about 30 minutes.

2. While the squash is cooking, heat 1 teaspoon of the remaining oil in a large skillet over high heat. Season the pork chops with salt and pepper. Cook until browned, about 4 minutes per side.

3. Transfer the pork to the baking sheet with the squash and roast an additional 6 minutes – or until the pork is cooked through.

4. Meanwhile, place the remaining olive oil in the skillet on medium heat. Add garlic and cook, about 30 seconds being sure not to burn. Then add the kale, ¼ cup water, and ¼ teaspoon salt. Cook, tossing the kale and scraping up any brown bits on the bottom of the skillet, until the kale is tender - about 5 minutes. Serve with the pork and squash. Garnish with the remaining sage.

Serves 4. The plate below contains approximately 230 Calories.

