

Greek Salad with Pork - recipe from PorkBeInspired.com

Times: 20 minutes prep, 10 minutes cook

Ingredients:

1 1/4 pounds pork cutlets, 1/8-inch thick (20 ounces)

1 recipe Creamy Greek-Style Dressing, *

1 6-oz package fresh baby spinach, OR mixed salad greens (8 cups)

12 cherry tomatoes, halved lengthwise

1/2 small cucumber, thinly sliced

1/2 small onion, thinly sliced and separated into rings

2 1/2 teaspoons Greek seasoning, *

1/4 teaspoon kosher salt

Nonstick cooking spray

black pepper, freshly ground (optional)

Cooking Directions:

Make 1 recipe of Creamy Greek-Style Dressing, cover and refrigerate until serving. Place spinach, tomatoes, cucumber and onion in very large salad bowl. Gently toss to combine. Cover and refrigerate while preparing pork.

Combine Greek seasoning and salt; sprinkle and rub evenly over pork. Cook half of the cutlets over medium-high heat in large skillet coated with nonstick cooking for 2-3 minutes or until tender.** Transfer cutlets to



cutting board. Remove skillet from heat and recoat with cooking spray. Cook remaining cutlets. Cut cutlets crosswise in half.

To serve, divide spinach mixture among 4 plates. Arrange 1/4 of pork on each salad. Drizzle 2 tablespoons dressing over each salad. Sprinkle with black pepper, if desired. Serve with remaining dressing.

Makes 4 servings

Nutrition Information per Serving with 2 tablespoons dressing

* Look in the spice section of the supermarket for a pre-blended Greek seasoning blend. If unavailable, substitute 2 teaspoons dried oregano leaves, 1/4 teaspoon garlic salt, 1/8 teaspoon onion powder and 1/8 teaspoon kosher salt for the 2 1/2 teaspoons Greek seasoning and 1/4 teaspoon kosher salt.

** To cook cutlets in a countertop grill with lid, preheat grill according to manufacturer's directions. Sprinkle and rub Greek seasoning-salt mixture over both sides of cutlets. Place cutlets on grill; close lid. Cook for 1-2 minutes or until tender. Cut cutlets crosswise in half and arrange on top of salads.

Nutrition:

Calories: 230 calories

Protein: 28 grams

Fat: 6 grams

Sodium: 280 milligrams

Cholesterol: 75 milligrams

Saturated Fat: 2 grams

Carbohydrates: 13 grams



Fiber: 2 grams

