

## **Alpine Ranch Pork Chops with Black Bean Salsa and Green Salad**

### **Pork Chops with Black Bean Salsa**

1. Rinse pork chops and pat them dry. Then sprinkle them with salt and pepper.
2. Heat a skillet and when it is hot place the pork chops in the skillet.
3. Pork needs to be cooked through. The internal temperature needs to get to 160 degrees.
4. Once you sear the pork chop, turn it over and sear the other side. I sear each side for 4 to 5 minutes on each side. You don't not want to overcook pork, but make sure it is cooked through.
5. Leave pork chops in the skillet and add the black beans and salsa to the skillet and simmer on low for 5 minutes. Make sure and stir occasionally.

### **Salad**

6. Wash your salad greens
7. Dress with sensation salad dressing

### **Plate**

Your meal is ready to plate!! Place the pork chop on a plate and top it with some black bean salsa and a teaspoon of sour cream. Add some sensation salad on the side. Enjoy!!