

## **Alpine Ranch Pork Chops with Green Salad**

### **Pork Chops**

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 3 to 4 minutes on each side. You don't not want to overcook pork, but make sure it is cooked through.

### **Salad**

5. Wash and dice the green onion
6. Wash your salad greens
7. Chop the candied nut/seed into small pieces.

Nut/seed cube ingredients: cashews, almonds, pumpkin seeds, cane sugar, rice syrup, sea salt, honey

8. Add ingredients to a large bowl and dress with the balsamic vinaigrette

### **Plate**

Your meal is ready to plate!! Place the pork chop on a plate and serve it with a good amount of salad on the side. Enjoy!!