



## Mediterranean Pork Chops & Veggies

Yields: 10 servings

Prep time: 25 min

Cook time: 12 min

### INGREDIENTS:

- 4 boneless skinless pork chops
- 3 teaspoons of grilling seasoning (chicken)
- 3½ tablespoons of avocado oil
- 4 cloves of garlic (sliced)
- 3 zucchinis
- 2 yellow squashes
- 2 cups of grape tomatoes
- ½ teaspoon of fresh cracked pepper
- ½ teaspoon of salt
- 1 teaspoon of oregano
- ½ cup of sliced Kalamata olives (pitted)
- ½ cup of crumbled Feta cheese
- ½ lemon (squeezed)

### TOOLS:

- [Induction 21 Ceramic Coated Saute Skillet with Lid \(5 Qt.\)](#)
- Hand-held spiralizer (optional)





## **Mediterranean Pork Chops & Veggies**

### **PROCESS:**

1. Slice the tomatoes and set aside in a mixing bowl. Using a spiralizer, spiral the zucchini and squash. If you don't have one, just julienne the veggies - slicing them into very thin strips.
2. Thinly slice 4 cloves of garlic. Heat 1½ tablespoons of oil in pan and add the garlic. Cook on medium heat until fragrant.
3. Add the zucchini and squash spirals to the pan. Stir in the salt. Cook on low for no more than 4 minutes. Remove from heat.
4. Add the spiral veggies to the tomatoes along with ½ tablespoon of avocado oil, pepper, olives, lemon juice, and oregano.
5. Season both sides of the pork chops well with grilling seasoning. Add the remaining avocado oil into the same pan. Heat over medium heat. Once hot, add in the chops.
6. Cover and cook for 4 minutes. Flip and repeat. Once browned to satisfaction, remove from pan.
7. Plate pork chops, top with the veggie mix and then add some crumbled Feta.

**Enjoy!**