

CO-OP MEALS

Dinner in 30

One-Skillet Salsa Pork Chops

Serves 4

Shopping List:

- 4 (4-6 oz) Boneless pork chops (about $\frac{3}{4}$ inch thick)
- 1 lb Zucchini, cut into $\frac{1}{2}$ inch thick pieces
- 1 lb Summer squash, cut into $\frac{1}{2}$ inch thick pieces
- 1 16 oz Jar salsa (about 2 cups)
- $\frac{1}{4}$ cup Coarsely chopped fresh cilantro

Pantry Items:

- Freshly ground black pepper
- 2 Cloves garlic, minced
- 2 Tbsp Olive oil, divided
- 1 Tbsp Balsamic vinegar
- $\frac{1}{4}$ tsp Kosher salt, plus more for seasoning

Cook:

Pat the pork chops completely dry with paper towels, then generously season all over with salt and pepper. Heat 1 tablespoon of oil in a 10-inch cast iron skillet or frying pan over high heat until shimmering. Add the pork chops and sear until golden-brown, 2 to 3 minutes on each side (the pork chops will not be cooked through). Transfer to a plate.

Reduce the heat to low, and add the remaining 1 tablespoon oil to the skillet. Add the zucchini and squash, season with the $\frac{1}{4}$ teaspoon of salt, and stir to combine with the oil. Cook for about 1 minute. Stir in the garlic and cook for 1 minute more. Add the balsamic vinegar and use a wooden spoon to scrape any brown bits from the bottom of the pan. Stir in the salsa.

Return the pork chops and any accumulated juices to the pan, nestling them in the squash and partially covering the meat with vegetables and salsa. Cover and simmer until the pork chops are cooked through and register 145°F, 7 to 9 minutes more. Divide between plates, top with the cilantro, and serve warm.

Tips and Hints

From Co-op Food Educator Lindsay Smith

• One-pan cooking...

Perfect mid-week meals have a manageable list of ingredients, are a snap to prepare and the promise of an easy cleanup- this has them all!

• Salsa makes it juicy...

Not only does the salsa bring a punch of flavor, it also keeps the pork chops from drying out! Use any salsa that is to your liking - keep it mild with a basic tomato salsa, spice things up with extra heat, or even use a fun fruity one!

• Pair it with...

These pork chops are perfect over rice, potato, noodles or with a simple green salad.

• Storage...

Leftovers can be stored in a covered container in the refrigerator for up to 3 days.



CO-OP
FOOD STORES