

Summer Salad with Pork Chops

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A light summer salad bursting with flavors, this Pork Chop salad will be an instant hit, and a meal in itself. Fresh fruit, crunchy almonds, tender pork, and mixed greens make a hearty and savory salad perfect for steamy summer nights. Serve with a glass of white wine and a side of crusty bread for a truly memorable meal any time.

Ingredients:

4 pork chops, cooked and sliced into thin pieces
8 c. mixed greens
2 nectarines, peeled and segmented
1 grapefruit, peeled and segmented
2 avocados, peeled, pitted and cut into wedges
2 c. cherry tomatoes
2 Tbsp slivered, toasted almonds
salt and pepper to taste
2 Tbsp balsamic vinegar
2 Tbsp honey
½ tsp Dijon mustard
2 Tbsp mayonnaise
1 tsp chili powder
1 tsp salt
½ tsp black pepper
¼ c. olive oil

Directions:

1. In blender combine balsamic vinegar, honey, Dijon, mayonnaise, chili powder, salt, and pepper. Blend at medium speed for 1 minute, and drizzle ¼ c. olive oil very slowly into blender. Transfer to airtight container and chill until ready to use.
2. In large bowl lightly toss greens with dressing. Arrange salad as follows: top with cherry tomatoes, sliced pork chop, avocado, nectarines, grapefruit and almonds. Drizzle with more dressing if desired.

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