

Pork Chops in Creamy Garlic Spinach Sauce

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Serves 4

Blue – 7 points

Purple – 7 points

Green – 7 points

- 4 4oz boneless pork chops
- salt and pepper to taste
- 1 tsp paprika
- 2 tsp olive oil
- 6 cloves garlic, minced
- 1 small yellow onion, minced
- 1/3 cup chicken stock
- 1 $\frac{3}{4}$ cups fat free half and half
- 3 cups baby spinach
- 1 tsp Italian seasoning
- 1 oz freshly grated parmesan cheese
- Fresh chopped parsley

1. Heat the oil in a large skillet over medium-high heat. Season the chops with paprika, salt and pepper on both sides and sear in the hot pan for 3-5 minutes on each

side depending on the thickness or until cooked to your liking. Remove chops from pan and set aside

2. Add garlic, onion, Italian seasoning and stir fry in pan juices until fragrant, about one minute
3. Add in the stock and allow to reduce a little
4. Reduce heat to low and add the half and half and bring the sauce to a gentle simmer. Adjust seasoning with salt and pepper
5. Add the spinach leaves and allow to wilt in the sauce and stir in the parmesan cheese. Allow sauce to simmer for a minute or two until cheese melts.
6. Transfer pork chops back into the pan to reheat; sprinkle with the parsley and spoon the sauce over each chop.