



#MakeItGAP

RECIPES

GARLIC LIME PORK WITH FARRO & SPINACH

YIELD: 4 Servings

INGREDIENTS:

- 3 Tbsp. lime juice
- 1 Tbsp. peanut butter or almond butter
- 4 cloves garlic, *minced*
- 1 1/2 tsp. honey
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 4 (8 ounce) bone-in pork chops, *cut 3/4 to 1 inch thick and trimmed*
- 4 tsp. olive oil
- 1 8.5-ounce pouch cooked farro

PREPARATION:

In a small bowl whisk together lime juice, peanut butter, garlic, honey, 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Sprinkle chops with the remaining 1/4 teaspoon salt and pepper.

In a 12-inch nonstick skillet heat 2 teaspoon of the oil over medium-high. Add chops; cook 7 to 10 minutes or until a thermometer registers 145°F, turning once. Remove from skillet; cover and keep warm.

In same skillet heat the remaining 2 teaspoon oil over medium. Add lime mixture, stirring to scrape up crusty brown bits. Add farro; cook and stir until grains are separated. Add spinach; cook and stir until heated through and spinach is beginning to wilt. If desired, season with additional pepper.

Serve chops with farro mixture. If desired, sprinkle with walnuts and serve with lime wedges.

Recipe adapted from eatingwell.com