



#MakeItGAP

RECIPES

KETO PORK CHOPS

YIELD: Serves 4

INGREDIENTS:

4 boneless pork chops
Kosher salt
Freshly ground black pepper
2 Tbsp. extra-virgin olive oil
8 oz. baby bella mushrooms, *sliced*
2 cloves garlic, *minced*
1/2 cup heavy cream
1/2 cup freshly grated Parmesan
1 tsp. dried oregano
Pinch crushed red pepper flakes
3 cups packed baby spinach

PREPARATION:

Season pork chops on both sides with salt and pepper. In a large skillet over medium heat, heat oil. Add pork chops and cook until golden and cooked through. Remove from skillet and place on a plate to keep warm.

Add mushrooms to skillet and cook until softened, 5 minutes, then add garlic and cook until fragrant, 1 minute more.

Add heavy cream, Parmesan, oregano, and a pinch of red pepper flakes. Season with salt and pepper. Bring sauce to a simmer and cook until thickened, about 3 minutes. Add spinach and cook until wilted, 2 minutes more.

Return pork chops to skillet and cook until warmed through, 5 minutes.

Recipe adapted from delish.com