

PORK CHOPS AND GREENS



Prep time: 10 minutes



Cook time: 15 minutes



Serves 4

Ingredients

- 4 center-cut boneless pork chops, trimmed of visible fat
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp paprika
- ½ tsp black pepper
- ¼ tsp salt
- 6 cups fresh collard or turnip greens, stems removed, and roughly chopped
- 1 cup frozen diced onions (or 1 medium fresh onion, diced)
- 3 tbsp apple cider vinegar
- ½ tsp red pepper flakes (optional)



Instructions

1. Heat oil in a large skillet over medium heat. Season the pork chops with garlic powder, paprika, black pepper, and salt.
2. Add the pork chops to the skillet and cook for 3-4 minutes per side, or until they reach an internal temperature of 145°F. Remove from the skillet and set aside to rest.
3. In the same skillet, add the frozen diced onions (or fresh onion) and sauté for 2-3 minutes until softened.
4. Add the fresh collard greens to the skillet in batches, stirring to wilt each batch before adding more. Cook for 5-6 minutes, stirring frequently.
5. Stir in the apple cider vinegar and red pepper flakes. Season with salt and black pepper to taste. Cook for an additional 2-3 minutes until the greens soften.
6. Serve the sautéed greens and onions generously over the pork chops.



FOOD AS HEALTH *Alliance*

PORK CHOPS AND GREENS

This recipe puts a fresh spin on a Kentucky staple of pork and greens by pairing lean, pan-seared pork chops with nutrient-dense collards. The result is a protein-rich, flavorful dish that's both satisfying and diabetes-friendly, offering plenty of vitamins, fiber, and heart-healthy balance in every bite.

Nutrition Facts	
Portion Size	295 g
Amount Per Portion	
Calories	250
% Daily Value *	
Total Fat 8.1g	10 %
Saturated Fat 1.6g **	8 %
Cholesterol 79mg **	26 %
Sodium 178mg	8 %
Total Carbohydrate 10g	4 %
Dietary Fiber 3.2g **	11 %
Sugar 4.5g **	
Protein 36g	72 %
Vitamin D 0.9mcg **	4 %
Calcium 154mg **	12 %
Iron 1.3mg **	7 %
Potassium 793mg **	17 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

In partnership with:

