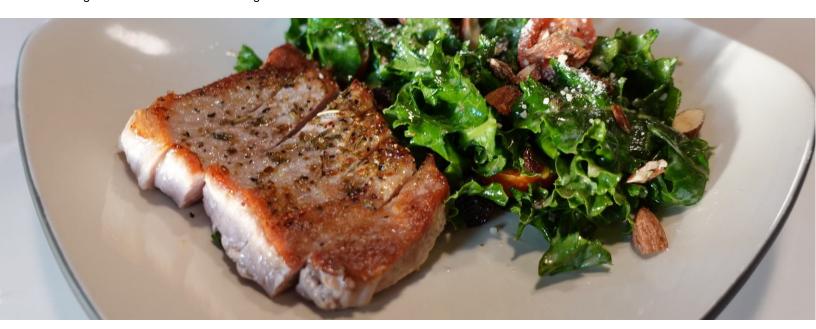
Lemon Basil Kale and Pork Salad

13 ingredients · 30 minutes · 4 servings



Directions

- Prep: Mix seasonings together. Separaetly mix the lemon juice, balsamic, honey and mayo. Cut cherry tomatoes in half. Roughly chop kale leaves into bite-size pieces.
- Combine tomato, 1/4 teaspoon of the seasoning mix, and about 1 tablespoon olive oil in a small bowl. Season with salt and pepper. Stir to coat. Marinate at least five minutes, stirring occasionally.
- Place kale in a large bowl. Drizzle with about half of the creamy lemon sauce. Lightly season with salt. Massage until leaves soften. Add raisins and marinated tomato. Toss to combine.
- Pat boneless pork chops dry with paper towels. Season with remaining herb seasoning, salt, and pepper.
- 5. Heat about 11/2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add pork to hot pan. Cook 3-4 minutes on each side, or until pork is fully cooked. Transfer pork to a cutting board. Let rest at least 3 minutes. Slice pork.
- **6.** Divide kale salad between plates. Top with pork chops. Sprinkle with almonds. Drizzle with remaining creamy lemon sauce. Top with Parmesan. Enjoy!

Ingredients

- 1/2 cup Cherry Tomatoes (chopped)
- 4 cups Kale Leaves
- 1 tsp Lemon Pepper Seasoning
- 1 tsp Italian Seasoning
- 1 1/2 tsps Dried Basil
- 1/2 Lemon Juice
- 2 tbsps White Balsamic
- 1 tbsp Raw Honey
- 1 tbsp Mayonnaise
- 1 oz Raisins
- 1 1/2 lbs Pork Chop (4 chops approx 6 oz each)
- 1 oz Sliced Almonds
- 1 tbsp Parmesan Cheese

