

Pork Chops

Servings: 2

Adapted from Smithfield Menu Planner April 11, 2011

Ingredients

2 boneless pork chops

1/4 cup Light Italian Dressing

1 teaspoon Worcestershire sauce

Preparation

1) Place pork chops, Italian dressing and Worcestershire sauce in a sealed bag. Place in refrigerator for at least 20 minutes (or over night).

2) Prepare grill and remove pork chops from bag and discard marinade. Grill over medium-high heat, turning once, about 8-11 minutes total cooking time.

Oven Roasted Asparagus

Ingredients

1/2 lb asparagus

1 tablespoon olive oil

1 garlic cloves, minced

1/8 teaspoon freshly ground black pepper

1/8 teaspoon salt

Preparation

1) Preheat oven to 350°. Snap off and discard tough ends of asparagus and place on a baking sheet. Drizzle evenly with olive oil, sprinkle evenly with garlic, salt, and pepper. Toss to coat.

2) Bake at 350° for 10 minutes or to desired degree of tenderness.