

Saucy Barbecue Pork Chops

Servings: 2

Adapted from

http://www.kraftrecipes.com/recipes/saucy-barbecued-pork-chop-75189.aspx?cm_mm_c=eml- -rbe- -20120228- -1037&cm_lm=F36E2A2F8E2EDE4CC45FA8BC41035808

Ingredients

2 center cut pork chops
1/2 teaspoon olive oil
1/2 onion, thinly sliced
1 green pepper, cut into strips
1/4 cup barbecue sauce

Preparation

- 1) Heat oil in a large nonstick skillet on medium heat and cook pork chops for 3-5 minutes on each side. Remove from skillet; cover to keep warm.
- 2) Add vegetables to skillet; cook and stir 5 minutes. Add barbecue sauce; stir. Bring to boil.
- 3) Return chops to skillet; spoon sauce in skillet over chops. Simmer 3 to 5 minutes or until chops are done (145°F), turning after 3 minutes. Serve chops topped with the vegetable mixture.

Potato Salad with Yogurt-Hummus Dressing

Servings: 2

From

<http://www.foodandwine.com/recipes/potato-salad-with-hummus-yogurt-dressing>

Ingredients

1 large russet potato, peeled and cut into bite size pieces
1/4 cup hummus
1/2 cup nonfat plain yogurt
1/2 cup finely diced celery
1/4 cup finely diced baby dill pickles
1/4 cup chopped flat-leaf parsley
3 tablespoons finely diced onion
Salt and freshly ground pepper

Preparation

- 1) In a large pot, cover the potatoes with water and bring to a boil. Simmer over moderate heat until the potatoes are tender when pierced with a knife, about 20 minutes. Drain and let cool. Peel the potatoes and cut into 1-inch pieces.
- 2) In a large bowl, mix the hummus with the yogurt, celery, cornichons, parsley and onion. Fold in the potatoes, season with salt and pepper and serve.

*Make Ahead: The potato salad can be refrigerated overnight.