

Healthy Food for a Wealthy Mood



Pork over Couscous with Pistachio-Lemon Vinaigrette

¼ Cup extra-virgin olive oil, divided
2 Tbsp. pistachios, finely ground
2 Tbsp. grated Parmigiano-Reggiano cheese
1 ½ Tbsp. fresh lemon juice
1 Tbsp. white balsamic vinegar
2 tsp. maple syrup
2 tsp. Dijon mustard
2 tsp. minced garlic, divided
¾ tsp. salt, divided
1 ½ Cups water
1 Cup uncooked couscous
4 (4 oz.) boneless center-cut loin pork chops
¼ tsp. freshly ground black pepper
1 pint grape tomatoes
3 Tbsp. chopped fresh flat-leaf parsley

Combine 3 tablespoons olive oil, pistachios, and next 5 ingredients (through mustard) in a small bowl. Add 1 tsp. garlic and 1/8 tsp salt, stirring with a whisk.

Bring 1 ½ cups water to boil in a small saucepan. Add ¼ teaspoon salt and couscous. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork.

Heat a large skillet over medium-high heat. Rub pork with remaining 1 teaspoon garlic. Sprinkle with ¼ teaspoon salt and pepper. Add 2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until done. Remove pork from pan; keep warm. Reduce heat to medium-low. Add remaining 1 teaspoon oil and tomatoes to pan; cook 5 minutes or until skins blister, shaking pan occasionally. Sprinkle with remaining 1/8 teaspoon salt. Stir tomatoes and parsley into couscous; divide couscous mixture evenly among 4 plates. Top each serving with 1 pork chop and about 2 tablespoons vinaigrette.

Calories 489; Fat 22.1g; Protein 29.2g; Carb 42.2g; Fiber 3.7g,
Chol 69mg; Iron 1.7mg; Sodium 597mg; Calc 84mg

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