

Grilled Rosemary Pork Chops with Grilled Asparagus

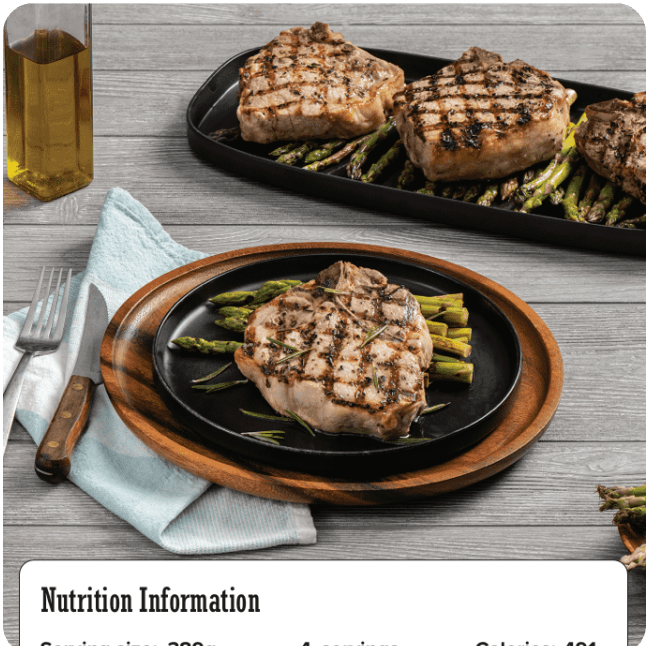
Prep: 10 min
Cook: 20 min
Serves: 4

Ingredients:

- ¼ cup olive oil
- 4 garlic cloves, minced
- 3 tablespoons chopped fresh rosemary
- ½ teaspoon kosher salt
- 4 pork chops, bone-in (may be substituted with 4 chicken breasts)
- 1 pound fresh asparagus

Directions:

1. Preheat grill to medium-high heat.
2. Mix together olive oil, garlic, 2 tablespoons rosemary and salt in a small bowl. Brush both sides of the pork chops and asparagus with the oil mixture.
3. Grill pork chops for 15 to 20 minutes, flipping occasionally, or until internal temperature reaches 145°F. Before pork chops are finished cooking, grill asparagus for 3 to 4 minutes, until tender.
4. Garnish pork with remaining rosemary and serve with asparagus immediately.



Nutrition Information

Serving size: 389g	4 servings	Calories: 491
Amount per Serving		% Daily Value
Total Fat	26g	33%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	170mg	57%
Sodium	410mg	18%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Added Sugars	0g	
Protein	56g	
Vitamin D	2mcg	10%
Calcium	144mg	10%
Iron	3mg	15%
Potassium	868mg	20%