

Greek Pork Chops



Serves 4



Greek Pork on the grill

These flavorful pork slices are delicious and moist with the Cucumber Yogurt sauce. Serve with the Greek Vegetable Salad and sliced oranges. Serve couscous or a baked potato to non-SCDers.

4 boneless pork tenderloin pork chops

Combine in a plastic bag for 4 hours or overnight*:

Tenderloin pieces

1 onion, chopped

2 Tbs. lemon juice

1 Tbs. parsley, chopped

1 tsp. crushed or minced garlic

3/4 tsp. thyme

1/8 tsp. pepper

For Cucumber Yogurt Sauce, combine and chill until serving time:

1 cucumber, peeled, grated, salted and drained in a large strainer (Salting helps remove the juices.)

2 c. SCD yogurt

1/2 c. green onions, chopped

1/2 tsp. *each* salt and honey

1/4 tsp. paprika

Grill or broil pork on a preheated grill at medium heat for 6-7 minutes on each side or until juices run clear when pierced and inside is no longer pink. Serve with Cucumber Yogurt Sauce.

**Plan Ahead Tip: When you bring the pork home from the store, mix up the marinade, add the pork, turning so meat is covered with marinade, and freeze. Put it in the refrigerator to thaw the day before you're planning to serve it. Be sure pork is fully thawed before grilling.*