

# Greek Seasoned Pork with Lemon Couscous

Greek seasoning is a blend that includes oregano, basil, thyme, marjoram, onion and garlic.



## Ingredients

4 teaspoon olive oil

1 ½ cup coarsely chopped, unpeeled eggplant

½ cup chopped red onion (1 medium)

4 0.5 inch thick boneless pork loin chops

1 teaspoon Greek seasoning

1 ¼ cup reduced-sodium chicken broth

¼ cup oil-packed dried tomatoes, drained and chopped

¾ cup whole wheat couscous

1 teaspoon finely shredded lemon peel

1 tablespoon lemon juice

½ teaspoon bottled minced roasted garlic

¼ teaspoon salt

1 cup coarsely chopped fresh spinach

## Directions

### Step 1

In a large saucepan heat 2 teaspoons of the oil over medium heat. Add eggplant and red onion; cook about 5 minutes or until vegetables are tender, stirring occasionally.

### Step 2

Meanwhile, trim fat from chops. Sprinkle chops with Greek seasoning. In a large skillet heat the remaining 2 teaspoons oil over medium-high heat. Add chops; reduce heat to medium. Cook for 5 to 6 minutes or until just pink in center (145°F), turning once. Remove from heat; let stand for 3 minutes.

### Step 3

Add broth and dried tomatoes to eggplant mixture. Bring to boiling. Stir in couscous, lemon peel, lemon juice, roasted garlic, and salt; remove from heat. Let stand, covered, for 5 minutes. Stir in spinach. Divide couscous mixture among serving plates. Top with chops.

## Nutrition Facts

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Per serving: 299 calories; total fat 8g ; saturated fat 2g ; cholesterol 40mg ; sodium 562mg ; total carbohydrate 34g ; total sugars 3g ; protein 26g ; vitamin c 13.6mg ; calcium 40.4mg ; iron 2.2mg ; potassium 734mg ; folate, total 28.2mcg ; vitamin b-12 0.5mcg ; vitamin b-6 0.7mg