



Ranch Pork Chops with Roasted Pears & Green Beans

INGREDIENTS

- 8 oz. Green Beans
- 1 Bosc Pear
- 1 Shallot
- 2 Garlic Cloves
- 3 Thyme Sprigs
- (2) 5-oz boneless center-cut pork chops
- 2 tsp. Chicken Base
- 1 tsp olive oil
- 1/2 oz. light butter
- 1 tsp Ranch dressing powder

NUTRITION FACTS

Serves: 2

Amount Per Serving:

- Calories 364
- Total Fat 15 g
- Saturated Fat 5 g
- Cholesterol 70 mg
- Sodium 1023 mg
- Carbohydrate 25 g
- Dietary Fiber 5 g
- Sugars 12 g
- Protein 30 g
- myWW Blue: 8
- myWW Purple: 8
- myWW Green: 8

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Wash and dry produce.
3. Spray foil-lined baking sheet with olive oil spray.
4. Core pear and cut into slices. Peel and halve shallot, and cut into slices. Mince garlic. Mince thyme. Trim ends off green beans and cut into bite-sized pieces.
5. Pat pork chops dry, and season with salt, pepper and Ranch dressing mix.
6. Spray saute pan with olive oil spray and heat pan over medium heat.
7. Saute green beans, pear, shallot and a dash of salt and pepper until lightly charred, 5-7 minutes.
8. Transfer vegetables to prepared baking sheet and spread into a single layer.
9. Spray same saute pan with olive oil spray and add pork chops to pan, cooking 3-4 minutes per side, until browned.
10. Place pork chops on top of green beans and pear and roast in 400 degree oven for 16-18 minutes, or until pork reaches minimum temperature of 145 degrees.
11. Let pork rest about 5 minutes.
12. While pork in resting, make sauce.
13. Add 1 tsp olive oil, garlic, and thyme to pan.
14. Cook until fragrant, about one minute.
15. Stir in 1/4 cup water and chicken base.
16. Bring to a simmer and cook 1-2 minutes or until thickened.
17. Remove from burner and swirl in butter. Season with salt and pepper. Spoon over pork and vegetables.

This recipe can be found at:

<https://planningushealthy.com/ranch-pork-chops>

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This recipe was inspired by <https://www.homechef.com/meals/pork-tenderloin-with-roasted-pears>