

Pork

Watermelon Salad and Pork

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

2 cups melon, chopped
2 cups cherry tomatoes, halved
2 cups baby arugula, lightly packed
1/4 cup fresh parsley
1/4 cup olive oil
2 tablespoons Dijon mustard
1 tablespoon lemon juice
salt and pepper
2 eggs
2 cups panko (Japanese bread crumbs)
4 4-ounce boneless center-cut pork chops, pounded thin
6 tablespoons canola oil
lemon wedges (optional)

In a bowl, combine the watermelon, tomatoes, arugula and parsley.

In a small bowl, whisk the olive oil, one teaspoon of the mustard, lemon juice, salt and pepper.

In another bowl, whisk the eggs and remaining mustard.

On a large plate, combine the panko, 1/2 teaspoon of salt and 1/4 teaspoon of the pepper.

Heat the canola oil in a skillet over medium heat.

Season the pork with 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Dip the pork in the egg and then the panko, covering both sides..

Place the pork in a skillet and pan-fry until done, about 2 to 2 1/2 minutes per side.

Toss the salad with the dressing and serve with the pork and lemon wedges.

Per Serving (excluding unknown items): 390 Calories; 37g Fat (83.0% calories from fat); 5g Protein; 12g Carbohydrate; 2g Dietary Fiber; 106mg Cholesterol; 146mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 7 Fat; 0 Other Carbohydrates.