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Grilled Pork Chop and Pear Salad

Prep Time: 15 mins

Cook Time: 9 mins

Total Time: 24 mins

Ingredients

- 1/2 cup(s) buttermilk
- 2 tablespoon dressing, low-fat mayonnaise-based
- 1 tablespoon frozen apple juice concentrate
- 1 teaspoon mustard, dijon-style
- 1 scallion(s) (green onions), finely chopped
- 1 teaspoon sage, fresh, or 1/4 tsp dried sage
- salt
- pepper, black ground
- 2 pork, boneless loin chops, cut 3/4 inch thick
- 2 teaspoon oil, olive
- 2 teaspoon sage, fresh, or 1 tsp dried sage
- 2 medium pear(s), thinly sliced
- 8 cup(s) lettuce, mixed greens
- 1/4 cup(s) nuts, walnuts, broken
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black ground
- sage, fresh, (optional)



Preparation

1. For dressing, in a small bowl, stir together buttermilk, mayonnaise dressing, apple or orange juice concentrate, mustard, green onion, and the 1 teaspoon snipped sage or 1/4 teaspoon dried sage. Season to taste with salt and pepper.
2. Preheat broiler. Trim fat from chops. Brush chops with oil. Stir together the 2 teaspoons snipped sage or 1 teaspoon dried sage, the 1/4 teaspoon salt, and the 1/4 teaspoon pepper. Sprinkle sage mixture evenly over all sides of chops; rub in with your fingers. Place chops on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 9 to 11 minutes or until done (160°F) and juices run clear, turning once halfway through broiling. Slice chops.
3. To serve, divide salad greens among 4 salad plates. Arrange the pear or apple slices and sliced pork on the greens; drizzle with dressing. If desired, sprinkle with walnuts and garnish with fresh sage leaves.