

## **Greek Pork Chops with Zucchini and Feta**

Serves 4

Preparation Time: 15 Minutes

Cooking Time: 15 Minutes

### **Ingredients:**

#### **FOR THE PORK CHOPS**

1 teaspoon dried oregano  
½ teaspoon dried thyme  
½ teaspoon sweet paprika  
1 teaspoon kosher salt  
½ teaspoon ground black pepper  
4 ½- to ¾-inch-thick lean bone-in pork rib chops  
1 tablespoon canola oil

#### **FOR THE ZUCCHINI**

2 medium zucchini, halved lengthwise and sliced crosswise into ¼-inch-thick pieces  
¼ teaspoon kosher salt  
2 tablespoons finely chopped fresh parsley  
(basil, mint, or oregano is great, too)  
1 medium tomato, finely chopped  
1 teaspoon olive oil  
Juice of ½ lemon  
¼ cup finely crumbled feta cheese (about 2 ounces)

### **Directions:**

To season and cook the pork chops: Stir together the oregano, thyme, paprika, salt, and pepper in a small bowl. Set the pork chops on a cutting board and season both sides of each chop with the spice blend.

Heat a large skillet over high heat for 1 minute. Add the canola oil, and once it shimmers, add the chops. Reduce the heat to medium-high and cook, without moving the chops, until they are nicely browned, 3 to 4 minutes. Flip the chops and cook on the other side until browned and the centers resist light pressure, 2 to 3 minutes more. Transfer to a plate and set aside.

To cook the zucchini: Add the zucchini to the skillet with the salt and cook, stirring occasionally, until the zucchini softens, 3 to 4 minutes. Stir in the herbs, then transfer the zucchini to a medium bowl. Stir in the tomato, olive oil, and lemon juice, then sprinkle with the feta cheese.

Divide the zucchini among 4 plates and serve with the pork chops.

PER SERVING: Calories 252 / Protein 28g / Dietary Fiber 2g / Sugars 3g / Total Fat 13g

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