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Pork Chops Pizzaiola with Arugula Salad

SERVES 4

Pizzaiola sauce gets its name because it features the typical pizza ingredients of olive oil, garlic, oregano, and tomatoes. Usually served with steak or chicken, it's also a great way to jazz up pork chops for a quick weeknight meal. The sauce is so good you'll want to serve it with some crusty bread on the side for dunking. If you don't mind dirtying two pots, you can pour it over pasta, too.

PORK CHOPS

Olive oil spray (I like my Misto or Bertolli)

4 thin bone-in center-cut pork loin chops (8 ounces each)

1/2 teaspoon kosher salt

Freshly ground black pepper

1 teaspoon olive oil

4 garlic cloves, chopped

1 3/4 cups canned crushed tomatoes (I like Tuttorosso)

1 sprig of fresh oregano, stemmed and leaves chopped

1/4 teaspoon crushed red pepper flakes (optional)

1 tablespoon chopped fresh parsley, plus more for garnish

1/4 cup freshly grated Parmigiano-Reggiano cheese

4 fresh basil leaves, chopped

SALAD

6 cups (4 ounces) baby arugula

2 tablespoons extra-virgin olive oil

1 tablespoon red wine vinegar

Freshly ground black pepper

4 ounces Italian bread, whole wheat or gluten-free, cut into 4 pieces

For the pork chops: Heat a large skillet over high heat and spray with oil. Season the chops with the salt and pepper to taste. Add 2 of the pork chops to the hot skillet and cook until browned on both sides, 1 1/2 to 2 minutes per side. Transfer to a plate and repeat with the remaining chops.

Reduce the heat to medium-low. Add the oil and garlic and cook, stirring, until golden, about 1 minute. Stir in the tomatoes, oregano, pepper flakes (if using), parsley, and black pepper to



taste. Reduce the heat to low, stir in the Parmigiano-Reggiano and basil, and let cook for 5 minutes.

Return the chops to the skillet along with any juices. Cover and cook for 5 minutes. Flip the chops and cook until a thermometer registers 145°F and the chops are cooked through but still juicy, about 2 more minutes.

Meanwhile, for the salad: In a large bowl, toss the arugula with the olive oil, vinegar, and black pepper to taste.

Transfer the chops to 4 plates, spoon the tomato sauce over the chops, and garnish with the parsley. Divide the salad among the plates and serve with the bread.

PER SERVING 1 chop + 1/3 cup sauce + 1 1/2 cups salad + 1 ounce bread

CALORIES 511

FAT 20 g

SATURATED FAT 5 g

CHOLESTEROL 162 mg

CARBOHYDRATE 24 g

FIBER 4 g

PROTEIN 58 g

SUGARS 8 g

SODIUM 795 mg

skinny scoop

I prefer the fresh flavor of the sauce that you get with the quick cooking time, but you can also make this dish in a pressure cooker. The flavor will change, but the pork will come out tender if you cook it on high pressure for 6 to 8 minutes after sautéing. Be sure to cover the chops with sauce to keep them submerged before cooking under pressure.



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