CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Oven Roasted Pork Chops with Maple Balsamic Kale

Protein & Micronutrient-Rich Dinner

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What This Supports

Supports protein intake, satiety, and mineral-rich vegetables.

Why It Works

Pork provides protein, while kale, avocado, and fats support micronutrient absorption.

Ingredients

Oven Roasted Pork Chops With Maple Balsamic Kale and Feta Avocado Salad

Ingredients:

large pork chops

tbsp coconut oil

Salt

Pepper

avocados

/4 cup feta cheese

radishes

tsp + 3 tbsp balsamic vinegar

tsp olive oil

/2 tsp cayenne pepper

bunches black kale

tbsp maple syrup

Tumeric powder or paste

Directions

. Preheat oven to 300 degrees.

. Sear one side of pork chop in ceramic or cast iron pot. Flip with tongs then place in the oven (covered if possible) until the internal temperature hits 145’F/63’C. Remove from heat and set

aside.

. While pork chop is cooking assemble the avocado salad. Add bite sized avocado, crumbled feta cheese, 3 tsp balsamic, pinch of salt, and sliced radishes to a bowl. Stir to combine. Wash and chop kale into bite sized pieces.

. Once pork chops are out of the oven, remove them from heat and drain excess liquid from the pan (the broth can be used for later cooking).

. Place on medium heat and add in the rest of balsamic, maple syrup, tumeric, and a pinch of salt. Bubble until the vinegar smell is gone and add in kale. Stir to combine. Cook until kale deepens in colour.

. Serve warm

Best Use

Ideal as a main evening meal.

Food Notes & Safety

Cook pork to safe internal temperature.

Storage & Reheating

Refrigerate leftovers up to three days.