

GRILLED STONE FRUITS WITH BALSAMIC SYRUP



YIELD **4** SERVINGS

NUTRITION FACTS PER SERVING:

Calories: 107
Fat: 0 g
Saturated Fat: 0 g
Sodium: 0 mg
Protein: 1 g
Carbohydrates: 26 g
Fiber: 2 g

INGREDIENTS

- 1/2 cup balsamic vinegar
- 2 tbsp brown sugar
- 2 medium peaches
- 2 medium nectarines
- 2 medium plums

DIRECTIONS

1. In a small saucepan, combine vinegar and brown sugar. Bring to boil and cook until liquid is reduced by half.
2. In an oiled grill pan, grill fruits over medium heat, 3-4 minutes on each side.
3. Slice fruits and drizzle with balsamic syrup. Enjoy!



CAMPUS RECREATION
Wellness & Nutrition

Recipe adapted from :<https://www.tasteofhome.com/recipes/grilled-stone-fruits-with-balsamic-syrup/>

GREEK-STYLE PORK CHOPS



YIELD **4** SERVINGS

NUTRITION FACTS PER SERVING:

Calories: 230
Fat: 9 g
Saturated Fat: 1 g
Sodium: 356 mg
Carbohydrates: 8 g
Fiber: 2 g
Protein: 30 g

INGREDIENTS

- 4 (4oz) boneless pork chops
- 3/4 cup plain greek yogurt
- 2 tbsp red wine vinegar
- 2 tsp olive oil
- 2 garlic cloves, minced
- 1 tsp oregano
- 1 tbsp chopped dill
- 1 1/2 tsp salt
- 1 1/2 cups cherry tomatoes, chopped
- 1 cup diced cucumber
- 1/2 cup diced red onion
- cooking spray

DIRECTIONS

1. Make the pork marinade by combining 1 tbsp red wine vinegar, oregano, 1 tsp olive oil and garlic to a ziplock bag. Add pork, seal bag and marinate for 20 minutes.
2. In a medium bowl, mix 1 tbsp red wine vinegar, 1 tsp olive oil, yogurt, 1 tbsp dill, and a pinch of salt. Cover and chill. Add tomatoes, cucumber, and onion to another bowl; sprinkle with salt.
3. Spray a grill pan with cooking spray and place over medium-high heat. Remove pork from marinade and sprinkle both sides of the pork with salt. Add pork to the pan and cook for 4 minutes on both sides or until the internal temperature reaches 145 degrees F.
4. Remove pork from pan and let stand for 2 minutes. Serve with yogurt mixture and vegetables. Enjoy!



CAMPUS RECREATION
Wellness & Nutrition

Recipe adapted from: <https://www.myrecipes.com/recipe/greek-style-pork-chops>