

Grilled Pork Chops with Apples, Wild Rice, Spinach and Squash
(serves 4)

4 7-9 oz bone in pork chop
1 cup wild rice (follow directions for rice;water ratio)
1 apple cored and chopped (keep skin on)
3 T chopped thyme
1/2 T chopped tarragon
3 T olive oil
1/2 c. chopped onion
3 C fresh spinach
1 C butternut squash (large dice)
1/2 cup chicken stock or water
S and P to taste

1. Pour rice and water into small pot and bring to a boil. Reduce heat to a simmer and cover rice until cooked (about 40 minutes). Add apple and fluff with fork. Set aside.
2. Rub chops with 1 T olive oil, 2 T thyme and tarragon, season with salt and pepper and grill or broil on high for 3 minutes on each side or until fully cooked.
3. Place in oven safe dish and finish in oven at 300 degrees for 12-15 minutes.
4. In medium size pan over medium high heat add 1 T olive oil and onions. Cook for 3-4 minutes, add squash and cook 3-4 more minutes. Pour in chicken stock or water and cover. Continue to cook 5 minutes, add thyme and allow liquid to reduce. Add spinach combine until wilted and TASTE.
5. Spoon the rice onto the plate, place the pork on top and pour vegetables on top.