



Grilled Pork Burritos with Salsa Verde – These burritos have bold, smoky flavor in every bite. Boneless New York pork chops are grilled to perfection, then cut into bite-sized pieces and wrapped up in a lightly toasted tortilla along with refried beans, rice, cheese, cilantro and homemade salsa.

1 pound boneless pork loin chops, about 3/4-inch thick
2 teaspoons vegetable oil
2 teaspoons chili powder
1/4 teaspoon salt
3 cups homemade salsa verde or store-bought

Burritos

6 “burrito-sized” 10-inch flour or whole grain tortillas
1 16-ounce can fat-free refried beans, heated*
1 cup cooked white rice, heated
1 cup reduced-fat shredded Mexican cheese blend
2 tablespoons fresh cilantro, chopped
Lime wedges, for serving

**You can substitute black beans*

To make pork: Lightly oil grill grate. Brush pork with oil and season with chili powder and salt. Grill pork over medium-high heat, with lid closed, about 4 minutes per side, or until the internal temperature reaches between 145 degrees F. (medium rare) to 160 degrees F. (medium) on a digital meat thermometer. Remove from grill and let rest for 3 minutes.

Place tortillas on grill grate and cook until heated, about 30 seconds per side. Remove from grill and wrap in a napkin to keep warm.

To assemble burrito: Chop pork into bite-sized pieces. For each burrito, spread 2 tablespoons of beans in a wide strip on center of tortilla. Top with rice and cheese, evenly distributed between the burritos, and 1/6 of chopped pork. Sprinkle with cilantro. Fold in right and left sides, and roll up tortilla from the bottom. Transfer each to a dinner plate. Smother each with one sixth of warm salsa, add lime wedges and serve immediately.

Yield: 6 servings
Prep Time: 20 minutes
Cook Time: 20 minutes

Serving suggestion: Serve these fork-and-knife burritos garnished with a sprinkle of cheese and alongside a crisp green salad of iceberg lettuce with cherry tomatoes, corn kernels, sliced black olives and ranch dressing.

Nutritional Information per Serving (including homemade Salsa Verde)

Calories: 510 Fat: 27g Saturated Fat: 8g

Cholesterol: 115mg Sodium: 1070mg Carbohydrates: 34g
Protein: 32g Fiber: 2g

Salsa Verde

2 pounds fresh tomatillos, husks discarded, rinsed and patted dry
1 jalapeño
1 ripe avocado, pitted, peeled and chopped
2/3 cup white or yellow onion, chopped
1/3 cup packed cilantro leaves with tender stems
3 tablespoons extra-virgin olive oil
3 garlic cloves
1/4 teaspoon kosher salt
Pinch of sugar

Prepare grill for direct cooking over medium-high heat, about 450 degrees F. Place tomatillos and jalapeño on grill grate and cook, with the lid closed, turning them occasionally, until jalapeño skin is blackened and blistered (about 5 minutes) and tomatillos are browned but not bursting (7 to 9 minutes). Transfer them to a bowl as they are done, and let cool. Scrape and discard skin from jalapeño. Seed jalapeño, reserving seeds.

Pulse avocado, tomatillos and any juices, jalapeño (without seeds), onion, cilantro, oil, garlic, salt and sugar in a blender or food processor until smooth. For a spicier salsa, add seeds. Transfer to a medium saucepan and bring to a simmer over medium heat. Reduce heat to very low to keep salsa warm. Extra salsa can be stored in the refrigerator and kept up to 3 days.

Nutritional Information per Serving

Calories: 170 Fat: 13g Saturated Fat: 2g
Cholesterol: 0mg Sodium: 85mg Carbohydrates: 14g
Protein: 2g Fiber: 6g