

BBQ PORK CHOP SALAD

I allow about 3 ounces of meat per salad. If you're a serious carnivore, you can make a chop for each person. Serves 4.

- 2 tablespoons olive oil
- 1 pound asparagus, trimmed
- Kosher salt, fresh ground pepper, crushed red pepper
- 1/4 cup grated Parmesan cheese
- 2 large boneless pork chops, approximately 6 ounces each
- Canola oil
- 6 cups fresh greens, your choice
- 1 1/2 cups coleslaw (Recipe below; I like a simple vinegar slaw—no mayonnaise for this, but use what you like best.)
- 1 cup or more to taste barbecue sauce (recipe below)
- 1/2 cup pickled onions, garnish, optional (Recipe below)
- Oven-roasted potatoes, optional (I had some leftover. [Need a recipe?](#))

1. In a large bowl, toss asparagus with oil and 1/4 teaspoon each kosher salt and fresh ground pepper. Roast in the oven at 400 degrees for about 10 minutes or grill over high heat, turning regularly, for about 5 minutes. Return to bowl and toss with Parmesan cheese. Set aside.

2. Brush the chops with canola oil and season well with salt and pepper. Cook the chops in a heavy skillet or in a stovetop grill on the stove or grill 4-5 minutes on each side until well-browned. Reduce heat and cook until pork chops are nearly done through—145 degrees Fahrenheit. Remove from heat and let rest 2 minutes.

3. While the chops cook, divide fresh greens between serving plates, season with salt and pepper; add 1/2 cup coleslaw at the center of the greens. Place several spears of the reserved asparagus around the edges of the salads.

4. When chops have rested, slice thinly, and place in a skillet with the barbecue sauce; heat through, but don't overcook.

5. Divide barbecued pork chop slices between the four serving plates and top each with a few pickled onions, if using. I also

added a couple of roasted potatoes I had left from a previous meal. If you have some, it's great; if not, skip them.

Coleslaw: *Use this recipe, make your own, or buy at the deli. Skip the crushed red pepper if you don't like the heat.*

- 1 1/2 cups shredded cabbage, rinsed and patted dry in paper or cloth towels
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon each salt and pepper
- 1/8 teaspoon crushed red pepper
- 2 tablespoons plain white vinegar (not wine vinegar)
- 1 teaspoon granulated sugar or more to taste
- 1/4 teaspoon celery seed

Toss together all of the ingredients; adjust seasoning, including sugar and vinegar. (If you like, you can add shredded carrots or green apples.)

Barbecue Sauce–*Use this recipe, make your own favorite, or buy a great bottle at the store.*

2 cups each ketchup and chili sauce

1/4 cup each lemon juice and red wine vinegar

1/2 cup water

2 tablespoons each yellow mustard, Worcestershire, A-1 Sauce

1 tablespoon Soy Sauce

2 cloves of garlic, finely minced

1/4 teaspoon fresh ground black pepper

4-5 Shakes of Tabasco or other hot sauce

1/2 cup brown sugar

3 tablespoons celery seed

Whisk together in a medium pot and bring to a boil over medium flame. Taste and adjust seasonings. Lower heat to simmer and let cook 30 minutes. Store leftovers in a tightly sealed jar for up to two weeks in the refrigerator. (This recipe is a riff on a great bbq sauce from the wonderful, but out-of-date Colorado cookbook BYTES–Colorado's Family Friendly Cookbook. Sometimes there's a used copy available; check used book sites or amazon.)

Pickled Onions–*Leftovers are great for sandwiches or grilled chicken, fish, etc. I'm crazy about them this summer.*

- 1 cup apple cider vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1/8 teaspoon crushed red pepper
- 1 large red onion, sliced thinly

In a small bowl, mix all ingredients and let rest for an hour or so. (You'll need to drain some of them to top the tuna. The remained will keep for a week or so covered in the vinegar in your fridge.)

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