

## Green Beans and Mushrooms with Pork Chops

### Ingredients

- 4 pork chops, with bone, about ½' thick
- Olive oil or Avocado oil
- 1 lb fresh green beans
- 10 oz mushrooms, sliced

### Directions

1. Heat oil over medium heat in large frying pan.
2. Add pork chops and cook for about 4 minutes per side, to internal temperature of 145F.
3. Remove pork chops and keep warm.
4. Add mushrooms; cook till not quite soft.
5. Meanwhile, steam green beans till slightly soft but not limp, and bright green.
6. Add green beans and mushrooms to pork chop platter and serve.

**Mary-Beth says:** *“Green beans are vitamin C, A, and K rich, and provide fiber and beta-carotene, folate, and potassium, while mushrooms give you a boost in antioxidants.”*