

PORK TACOS

INGREDIENTS

1 lb. boneless pork loin chops
1-2 teaspoons olive or canola oil
1 teaspoon salt (can use less or omit)
1 teaspoon ground cumin
½ teaspoon garlic powder
½ teaspoon oregano
Pinch ground black pepper
8 zucchini tortillas (see recipe)
Guacamole (optional)
Pico de Gallo (optional)

DIRECTIONS

Combine salt, cumin, garlic powder and oregano. Rub over the pork. Let stand for a few minutes. Heat oil in grill pan over high heat. Add pork chops and cook over high heat for 3-4 minutes on each side, until the pork is cooked to an internal temperature of 145° F. Place on cutting board and let rest 5 minutes before slicing into thin strips. Makes 4-3.5 oz. servings.

NUTRITION INFO (per serving)

Calories-119
Total Fat-2.5 g.
Saturated Fat- 1 g.
Sodium- 847 mg.
Carbohydrate-0 g.
Fiber-0 g.
Protein-23 g.