



Ashley's Meal Prep Monday!



Pork Chop Rub

INGREDIENTS

- 2 TBSP coconut sugar
- 1 TBSP paprika
- 1 1/2 TSP salt
- 1 1/2 TSP pepper
- 1 TSP ground mustard
- 1/2 TSP onion powder
- 1/4 TSP garlic powder

This is one of my favorite go-to meals when I don't have a lot of time and I just want to get things done quickly. The best part, is it's pretty cost effective. I usually triple this recipe and keep it in a mason jar in my pantry so I don't have to mess with it the next time I cook pork chops.

Mix all of the ingredients in a bowl. Pat 6 pork chops dry and then spray with a little avocado oil on each side. Rub in the mix, coating the entire pork chop. (You could do bone-in pork chops as well, I think this recipe would work for at least two.)



Cartwright's always has great deals, usually \$7ish bucks for six pork chops. I cook mine in the air fryer at 400 degrees for 12 minutes, and flipping them over after 6 minutes. I use parchment paper inserts, which collects the 'juice' - also, that's the best part... save it and pour over the chops as they cool. Paired these up with some rice and roasted veggies from the garden.

Recipe: www.recipeteacher.com

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