Spinach Salad with Grilled Peaches and Pork

4 pork-loin center chops
2 Tablespoons balsamic vinegar
2 Tablespoons fresh lime juice
1 Tablespoon fresh thyme
1/8 teaspoon table salt
1/2 teaspoon ground black pepper
4 fresh large peaches, without skin
12 ounces fresh baby spinach
1 teaspoon white granulated sugar

Place pork between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/4-inch thickness using meat mallet or rolling pin. If using thin chops, no need to pound.

Combine vinegar, lime juice, thyme, salt and pepper in a small bowl. Reserve 1 Tablespoon juice mixture. Pour remaining juice mixture in a large zip-top plastic bag. Add pork; seal and marinate in the refrigerator for one hour, turning occasionally.

Preheat indoor or outdoor grill to medium heat. Place peaches, cut side up, on a plate; sprinkle evenly with sugar. Place peaches, cut side down, on grill rack coated with cooking spray; grill 4 minutes or until soft and slightly browned. Turn and cook 2 minutes or until heated through. Remove to a plate.

Respray grill rack with cooking spray if needed; place pork on rack; grill 3 minutes on each side or until done. Cut each peach half into 4 slices; slice pieces of pork into 1-inch thick strips. Drizzle spinach with reserved 1 Tablespoon juice mixture, tossing to coat. Divide spinach evenly among 4 plates. Top with grilled pork strips and peach slices.

Serves: 4
Cost per serving: $3.65

Nutrition facts per serving
Calories: 460
Total Fat: 18 g
  Saturated Fat: 6 g
  Trans Fat: 0 g
Cholesterol: 135 mg
Sodium: 320 mg
Total Carbohydrate: 29 g
Protein: 45 g
Fiber: 7 g