

## **Pan-Seared Pork Chops with Garlic Parmesan Summer Vegetables**

For the Pork Chops:

- 4 medium boneless pork chops
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/2 teaspoon dried thyme

For the Vegetables:

- 2 large zucchini
- 2 large squash
- 8 small red potatoes
- 3 cobs of corn

For the Garlic Parmesan Sauce:

- 4 tbsp butter
- 1 tsp minced garlic
- 2 tbsp all-purpose flour
- 1 cup milk
- 1 cup chicken or vegetable broth
- 1/2 cup grated parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp freshly cracked black pepper
- Salt to taste

Preheat oven to 350F. Season the pork chops with the salt, pepper and thyme. Let pork chops sit at room temperature for 30 minutes. While the pork chops are resting, make the sauce.

Heat butter in a pan. Add garlic and fry for a few seconds. Add flour and fry for a minute on low heat. Add milk gradually and keep whisking continuously to make a lump free mixture. Add chicken broth and cook until the sauce thickens somewhat. Add parmesan cheese, garlic powder, salt and black pepper and cook until cheese melts. Set aside, keeping warm.

Heat a large oven proof skillet on high heat, add 2 tablespoons of olive oil. Once the pan is screaming hot, add the pork chops. Cook for 4 minutes. Flip and Cook the other side for 4 minutes.

Place pork chops into the oven and let cook for 30-45 minutes or until done. \*Pork should be at 145° F when done\* While the pork is cooking, bring a large pot of water to a boil.

Dice zucchini and squash into bite sized pieces. Half and then quarter red potatoes. Toss all of the vegetables, including the whole corn cobs into the boiling water. Boil for 20 minutes or until tender.

Once tender, drain and set aside. Cut corn from the cobs and toss all of the vegetables together. Plate pork chop and vegetables. Drizzle the vegetables with garlic parmesan sauce and serve.