

New York Times **Bestselling Author**

SUSAN MALLERY

Pork and Asparagus Alfredo

Ingredients:

- ♥ 1 T butter
- ♥ 3 T olive oil, divided
- ♥ 2 cloves garlic, minced
- ♥ 2 T onion, minced
- ♥ 1/8 t nutmeg
- ♥ 1/2 t black pepper
- ♥ 8 oz sour cream (low fat or fat free is fine)
- ♥ 1/2 C milk
- ♥ 1 C parmesan cheese, shredded
- ♥ 1 lb pork, sliced thin (about 2 boneless pork chops)
- ♥ 1 lb asparagus, cut in 1" chunks



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Instructions:

In a small saucepan over medium-low heat, melt the butter with one tablespoon of olive oil. Add the onions and garlic and sauté for about 30 seconds, until onion is translucent. Add the spices, sour cream, milk, and cheese. Lower the temperature to low and warm the mixture, stirring frequently, melting the cheese.

Heat a heavy-bottomed sauté pan on medium heat. Place about half of the pork in the pan, so that the meat is not overcrowded. Cook until brown, then flip over, about 1-2 minutes per side. Set aside the meat, cook the rest, and then set that aside, as well. Put the remaining two tablespoons of olive oil in the pan and break up the browned bits that are stuck on the bottom of the pan. Add the asparagus chunks and sauté for about three minutes.

Return the pork to the pan and add the Alfredo sauce. Toss to coat everything well.

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