

Pork Cutlets with Tonnato Sauce & Sauteed Spinach

This versatile recipe comes from Chronicle staff writer Amanda Berne. The cutlets are modest in size, so you may want to purchase an extra cutlet for people with big appetites; there will be plenty of sauce for extra pork.

INGREDIENTS:

Tonnato Sauce

- 1 can oil-packed tuna, drained
- ¼ cup extra virgin olive oil
- 2 tablespoons water
- 1½ tablespoons capers, with some of their juices
- 2 or 3 anchovy fillets
- 2 teaspoons fresh lemon juice

Pork & Spinach

- 4 pork cutlets (about 4 ounces each), or ¼-inch-thick boneless pork loin chops
- Salt and pepper to taste
- Vegetable oil
- 1 (20-ounce) bag pre-washed spinach
- Fresh lemon juice to taste

INSTRUCTIONS: Tonnato sauce: Put ingredients in a blender. Puree until smooth. If sauce is too thick, thin with a little more water or lemon juice.

Pork and spinach: Season cutlets on both sides with salt and pepper. Heat a nonstick skillet or grill pan over high heat. Add a little oil, and when hot, add 2 cutlets and cook until browned, about 1 to 2 minutes per side; thin pork chops will take 3 to 4 minutes per side. Remove from pan. Repeat with remaining cutlets. Let pork rest.

Add spinach a little at a time to pan and saute over medium heat until it is wilted. Continue cooking until all leaves are tender, about 5 minutes. Season with salt and pepper.

Serve cutlets alongside spinach. Squeeze a little lemon juice over both, then drizzle each cutlet with 2 to 3 tablespoons of sauce.

Serves 4

PER SERVING (without sauce): 225 calories, 31 g protein, 5 g carbohydrate, 9 g fat (3 g saturated), 78 mg cholesterol, 177 mg sodium, 3 g fiber.

PER 2 TABLESPOONS SAUCE: 110 calories, 7 g protein, 0 carbohydrate, 9 g fat (1 g saturated fat), 5 mg cholesterol, 171 mg sodium, 0 fiber.