

serving size: 6 | prep time: 20 minutes | cook time: 1 hours 5 minutes | cut: ribs | method: braise

red wine and rosemary braised country style boneless ribs

The spicy tang of horseradish perfectly offsets the richness of a hearty rib roast.

INGREDIENTS:

- 2 lb Chairman's Reserve® boneless ribs
- 2 tablespoons vegetable oil
- 1 cup boiler onions
- 5 garlic cloves
- 1 cup red wine
- 2 tablespoons freshly chopped rosemary

DIRECTIONS:

- 1. Preheat oven to 350°F.
- Heat a Dutch oven or oven-safe pot with a lid over medium heat. Pour in the oil and heat until hot. Sear the pork ribs on all sides, seasoning with salt and pepper.
- 3. Stir in the onions and garlic, cooking for 3 to 5 minutes.
- 4. Pour in the wine, cover and place into the oven. Cook until the pork is tender, about 1 hour.
- 5. Garnish with rosemary.

lentil salad with lemon and olive vinaigrette

INGREDIENTS:

- ½ cup dry lentils, cooked
- 1 acorn squash, roasted
- 3 red beets, roasted
- ½ cup lemon vinaigrette (below)
- 1 (8 oz) ball burrata cheese, sliced
- 1/4 cup fresh basil leaves

LEMON VINAIGRETTE:

- 1/4 cup fresh lemon juice
- 1 tablespoon chopped shallot
- 1 garlic clove
- 1 tablespoon pure honey
- 3/4 cup olive oil

DIRECTIONS:

- 1. Once the lentils, squash and beets are finished cooking, cool them in the refrigerator until cold.
- 2. Slice the squash and beets into thin wedges; set aside keeping cool.
- 3. Combine the lemon juice, shallot, garlic and honey in a blender. Pulse well while slowly pouring in the oil.
- 4. Toss the lentils with the vinaigrette.
- 5. Plate the salad with the squash and beets on the bottom, spread the lentils over the top with additional vinaigrette.
- 6. Finish the salad with slices of burrata cheese and basil leaves.

ribs: servings: 1/6 | calories: 450 | total fat: 31g | sodium: 115mg | total carbohydrate: 5g | protein: 29g salad: servings: 1/8 | calories: 300 | total fat: 21g | sodium: 260mg | total carbohydrate: 17g | protein: 12g