



Pork and Apple Salad (AIP)

Active Time: 5 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

440.1 calories, 41.53 g carbohydrate, 7.64 g fiber, 33.89 g NET carbs, 27.35 g protein, 19.16 g fat

Ingredients

- 4 cup(s) Earthbound Farm Baby Lettuces
- 8 ounce(s) cooked and shredded organic pork tenderloin
- 1/2 cup(s), chopped organic celery
- 2 Tbsp(s) extra virgin olive oil
- 1/2 cup(s) chopped red onion
- 1 medium organic granny smith apple
- 1 ounce organic raisins
- 1 tsp garlic, minced
- 1 whole organic orange, juice and zest
- 1/2 Tbsp(s) coconut cream
- 1/2 tsp(s) organic dried thyme

Preparation

1. Combine the pork, red onion, apples, celery, raisins and baby greens in a large serving bowl.
2. Scoop the coconut cream from the top of a chilled can of coconut milk. In a smaller bowl, mix the orange juice, orange zest, coconut cream, thyme and garlic together.
3. Slowly pour in the oil, whisking vigorously until the mixture emulsifies and becomes creamy and thick.
4. Toss the dressing with the salad to serve.

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