

Virtual Cooking Class
Cardinal Health
December 16, 2020, 5:30PM-7PM ET
Contact: Marlise Roush
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Glazed Rosemary Pork Chops

Makes 3 servings

Ingredients

- 1 oz reduced-sodium chicken broth
- 1 1/2 tablespoons honey
- 1/2 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed
- 1/2 tablespoon Dijon mustard
- 1/2 teaspoon balsamic vinegar
- 1 pinch salt
- 1 pinch pepper
- 1 pork tenderloin (1 pound)
- 1 tablespoon olive oil, divided
- 2 garlic cloves, minced

Directions

1. Whisk together first seven ingredients. Cut tenderloins crosswise into 1 1/2-inch slices; pound each with a meat mallet to 1-inch thick.
2. In a large nonstick skillet, heat 1 tablespoon oil over medium-high heat. In batches, cook pork until a thermometer reads 145°, 3-4 minutes per side. Remove from pan.
3. In same skillet, heat remaining oil over medium heat; saute garlic until tender, about 1 minute. Stir in broth mixture; bring to a boil, stirring to loosen browned bits from pan. Add pork, turning to coat; heat through.

Roasted Asparagus

Yield: 3 servings

Ingredients

- 1 pound fresh asparagus
- Good olive oil
- Kosher salt, plus extra for sprinkling
- Freshly ground black pepper

Directions

1. Preheat the oven to 400 degrees F.
2. Break off the tough ends of the asparagus and, if they're thick, peel them. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.

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3. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 15 minutes, until tender but still crisp.

Cheese Grits

Yield: 3 servings

Ingredients

- 2 cups whole milk
- 2 cups water
- 1 1/2 teaspoons kosher salt
- 1 cup coarse ground cornmeal
- 1/2 teaspoon freshly ground black pepper
- 4 tablespoons unsalted butter
- 4 ounces sharp Cheddar, shredded

Directions

1. Place the milk, water, and salt into a large, heavy-bottomed pot over medium-high heat and bring to a boil.
2. Once the milk mixture comes to a boil, gradually add the cornmeal while continually whisking. Once all of the cornmeal has been incorporated, decrease the heat to low and cover.
3. Remove lid and whisk frequently, every 3 to 4 minutes, to prevent grits from sticking or forming lumps; make sure to get into corners of pot when whisking. Cook for 20 to 25 minutes or until mixture is creamy.
4. Remove from the heat, add the pepper and butter, and whisk to combine. Once the butter is melted, gradually whisk in the cheese a little at a time. Serve immediately.

Pre Preparation (To do prior to class)

- Cut all vegetables and have ready
- Measure ingredients
- Have pot on stove ready for grits
- Have oven pre heated
- Pork chops pounded and ready

Equipment needed:

- Oven/stove
- Saute pan

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- Sheet pan
- Sauce pan
- Cutting board/knife
- Measuring utensils/cups
- Meat mallet