



Carrie Mae's Kitchen Chia Seeds Crunchy Strips

Inspired by her grandmother, Carrie Mae started making Crunchy Strips in her kitchen with all natural ingredients. While she makes several flavors, we chose the Chia Seeds to include in our MARY's *secret ingredients* summer box. Chia seeds are so darn good for you! They are a "whole grain" food, and are among the most nutritious foods on the planet. Loaded with fiber, protein, Omega-3 fatty acids, antioxidants and various micronutrients, these crackers are a delightful little crunch of goodness.



Ingredients

Serves 4

- ◆ One large head of broccoli, washed, trimmed, stems peeled and stalks cut in half or quartered
- ◆ 3 Tbs. butter
- ◆ 2 Tbs. Dijon mustard
- ◆ 1 tsp. lemon juice
- ◆ 1.25 oz. Carrie Mae's Kitchen Chia Seeds Crunchy Strips

Instructions

1. Steam the broccoli until crisp tender.
2. Heat olive oil and butter in a large skillet on medium high heat until foaming mostly subsides. Lay pork chops in, seasoned side down. Add in apples and peppers around the chops and salt and pepper on the top side of the chops and sauté for 4 – 5 minutes.
3. Remove the broccoli from the steamer, pat dry with a clean linen towel and lay out on a platter. Drizzle the sauce all over the broccoli. Top with crushed Carrie Mae's Kitchen Chia Seeds Crunchy Strips.

Serve with LOVE and enjoy!!

Notes
