

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking?

Pineapple Pork

Serves: 4 / Serving Size: 3 ounces

Ingredients:

- 1 medium green pepper - cut into strips
- 4 boneless pork chops (about 1 pound)
- 1/8 teaspoon salt
- 1 tablespoon vegetable oil
- 1 can (8-ounces) pineapple chunks - undrained
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon

Directions:

1. Cut the green pepper into strips.
2. Heat the oil in a large skillet.
3. Place pork chops on the heated skillet. Sprinkle the salt on top.
4. Cook the pork for 5 minutes on low heat on each side.
5. The pork should lose its pink color when it's cooked enough.
6. Remove the cooked pork from the skillet. Place it in a serving dish.
7. Put the green pepper slices in the skillet.
8. Stir in the pineapple chunks with their juice.
9. Stir in the ginger and cinnamon.
10. Simmer for about 3-5 minutes.
11. Spoon the pineapple mixture over cooked pork.

Nutrition Facts:

Calories - 270
Calories from Fat - 130
Total Fat - 14g
Saturated Fat - 4.5g
Trans Fat - 0g
Cholesterol - 65mg
Sodium - 140mg
Total Carbohydrate - 9g
Dietary Fiber - 1g
Sugars - 8g
Protein - 24g

Note: Serve with cooked rice.

Pork is both a good source of protein and also provides several important vitamins and minerals. A 3-ounce serving of pork is an "excellent" source of thiamin, selenium, protein, niacin, vitamin B6 and phosphorus and a "good" source of riboflavin, zinc and potassium

Source: Adapted from: Pennsylvania Nutrition Education Network, Website Recipes, available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>