

# Pineapple Pork



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**Serves:** 4

**Prep:** 5 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 1 medium bell pepper, thinly sliced
- 4 boneless pork chops (about 1 pound)
- 1/8 teaspoon salt
- 1 tablespoon oil
- 1 cup fresh or canned pineapple, diced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cinnamon

## DIRECTIONS

1. Heat a large skillet over medium heat. Add oil and pork chops. Sprinkle with salt. Reduce heat to low and cook for 5 minute per side or until pork loses its pink color.
2. Remove from skillet and place in serving dish.
3. Add bell pepper, pineapple, ginger and cinnamon to skillet. Simmer for 3-5 minutes.
4. Spoon pineapple mixture over cooked pork and serve with cooked rice and black bean and corn salsa if desired.



### Nutrition Information

*Serving size: 1/4 of recipe (3 ounces of prepared pork without rice or salsa)*

<b>Calories</b>	<b>193</b>
<b>Total fat</b>	<b>8 g</b>
Saturated fat	2 g
<b>Cholesterol</b>	<b>56 mg</b>
<b>Sodium</b>	<b>214 mg</b>
<b>Carbohydrates</b>	<b>9 g</b>
Fiber	3 g
Sugar	4 g
<b>Protein</b>	<b>24 g</b>

Recipe source: Pennsylvania Nutrition Education Network