

A Kansas SNAP-Ed *EZ Does it* Recipe

Pineapple Pork Chops



Servings: 4

Ingredients:

- 1 green pepper (medium)
- 4 pork chops (boneless, about 1 pound)
- 1 tablespoon vegetable oil
- 1 cup pineapple chunks (8-ounce, undrained)
- ¼ teaspoon ginger
- ¼ teaspoon cinnamon
- salt and pepper



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Cut the green pepper into strips.
2. Heat the oil in a large skillet.
3. Place pork chops on the heated skillet. Salt and pepper to taste.
4. Over low heat, cook the pork chops for about 5 minutes on each side.
5. For optimum safety use a food thermometer. Pork chops should be cooked to a minimum internal temperature of 145 °F.
6. Remove pork chops from the skillet. Set aside.
7. Put green pepper slices in the skillet.
8. Stir in pineapple chunks with their juice.
9. Stir in ginger and cinnamon.
10. Simmer for 3-5 minutes.
11. Spoon the pineapple mixture over cooked pork.

Serving suggestion: Serve with cooked rice.

Nutrition Facts: Each one cup serving provides 260 Calories, 8g Total Fat, 5g Saturated Fat, 940mg Sodium, 32g Total Carbohydrate, 6g Dietary Fiber, 19g Protein

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Recipe adapted from: *Pennsylvania Nutrition Education Network Website Recipes*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

