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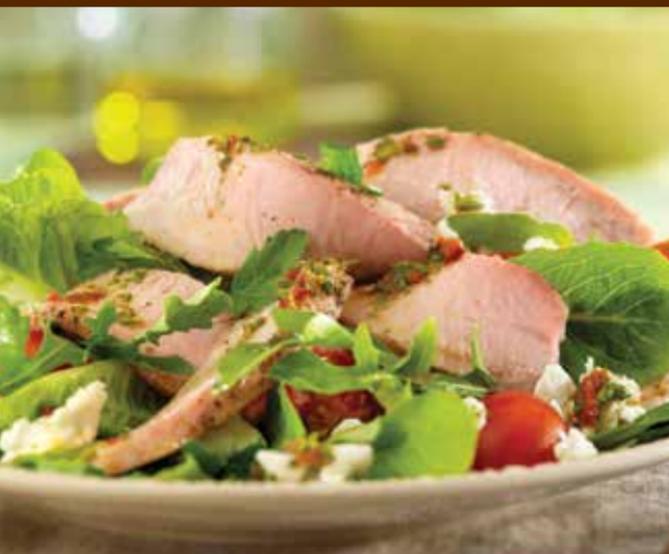


## Braised Pork Chops with Peppers and Onions

### INGREDIENTS

- 4 New York (top loin) pork chops, about 1-inch thick, trimmed
- 2 teaspoons olive oil
- Salt and pepper
- 1 tablespoon tomato paste
- 2 small red or yellow bell peppers, quartered and cut into 1/4-inch slices
- 1 small red or yellow onion, halved and cut into 1/4-inch slices
- 4 cloves garlic, thinly sliced
- 1/2 cup dry red wine\*

\* For non-alcoholic version, substitute chicken or vegetable broth.



## Pork Chimichurri Salad

### INGREDIENTS

- 1 pound boneless pork loin chops, about 1-inch thick, trimmed

### DRESSING\*

- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 15 sprigs fresh flat-leaf parsley
- Leaves from 3 sprigs fresh oregano
- 1/2 chipotle pepper (from a can of chipotles in adobo sauce)
- Salt and pepper

### SALAD

- 6 ounces spring mix greens (12 cups lightly packed)
- 1 1/2 cups halved cherry tomatoes
- 6 ounces soft cheese like queso fresco, goat or fresh mozzarella, cut into 1/2-inch dice
- Oil spray

\* Instead of making the Chimichurri from scratch, you can also purchase ready-made pesto sauce, mix it with the vinegar and season it according to taste.



With pork, there's so much you can do. From skillet to second helpings, pork lets you put your own spin on delicious. Find your next flavorful meal at [PorkBeInspired.com](http://PorkBeInspired.com)



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## Braised Pork Chops with Peppers and Onions

In a large nonstick skillet over medium heat, warm oil. Sprinkle chops with salt and pepper and cook until browned, 3 to 4 minutes per side. Remove chops to a plate and set aside.

Add tomato paste to skillet and cook, stirring, for 15 seconds. Add bell peppers and onion to skillet and sprinkle with salt and pepper. Cook, stirring occasionally, until vegetables are starting to brown, about 3 minutes. Add garlic and cook, stirring occasionally, for 1 minute.

Add wine and bring to a boil, scraping up and stirring in any browned bits in the skillet. Return chops to skillet, nestling them in the liquid, and reduce to a simmer. Cover and cook 4 minutes. Turn chops, cover, and cook until internal temperature reaches 145 degrees F. Remove chops from skillet and let rest 3 minutes.

Serve pork with pepper and onion mixture spooned on top.

### SERVING SUGGESTIONS:

On the side, try steamed broccolini, buttered noodles, orzo pasta, or roasted potatoes. And to vary the recipe, try using bone-in chops, or using white wine, chicken broth, or vegetable broth instead of red wine. You can also add herbs, like thyme or rosemary. And you can swap other vegetables for the peppers – try green and yellow zucchini, mixed mushrooms, or broccolini and cauliflower florets.

**Yield: 4 servings | Prep time: 15 minutes | Cook time: 20 minutes**

## Pork Chimichurri Salad

In a food processor, combine olive oil, vinegar, parsley, oregano leaves, and chipotle and puree. Season with salt and pepper and set aside.

Preheat a broiler and arrange a rack 6 inches from the heat. Line a rimmed baking sheet with foil and spray with cooking oil.

Place pork on the baking sheet and sprinkle both sides with salt and pepper. Broil until internal temperature reaches 145 degrees F, 5 to 6 minutes per side. Remove pork from broiler and let rest 5 minutes.

Meanwhile, in a large bowl, combine greens, cherry tomatoes, cheese, and chimichurri dressing to taste. Arrange salad on plates or a platter.

Cut chops into 1/4-inch slices. Arrange on top of salad, drizzle with additional dressing, and serve.

### SERVING SUGGESTIONS

Serve this satisfying salad with a crusty roll or a small pile of tortilla chips. To vary the recipe, change the greens to spinach, arugula, or romaine. Add sliced red onion, black olives, or shredded carrots. You can even grill or pan-sear the pork chops instead of broiling.

**Yield: 4 servings | Prep time: 15 minutes | Cook time: 20 minutes**

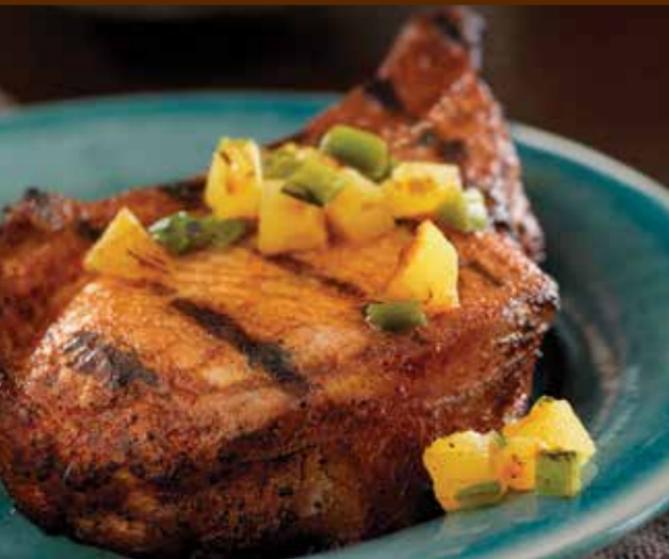


## Tangerine Pork Stir-Fry

### INGREDIENTS

- 1 pound boneless pork loin chops, cut into 1/4-inch slices, trimmed
- 1 cup white or brown rice
- 7 or 8 seedless tangerines or 3 navel oranges, divided\*
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 4 teaspoons canola oil
- 1/2 large red onion, halved and cut into 1/2-inch slices
- 2 teaspoons chopped fresh cilantro (optional)

\* You can also use 2/3 cup tangerine or orange juice, plus 2 tangerines or 1 orange. In that case, skip the step that instructs you to juice the fruit.



## Chili-Rubbed Pork Chops with Grilled Pineapple Salsa

### INGREDIENTS

- 4 bone-in ribeye (rib) pork chops, about 3/4-inch thick, trimmed
- 1 tablespoon chili powder
- 1 1/2 teaspoons packed light brown sugar
- 3/4 teaspoon EACH garlic powder and onion powder
- 1/2 teaspoon salt

### PINEAPPLE SALSA\*

- 3 crosswise slices pineapple, about 1/2-inch thick, trimmed, or 3 slices canned pineapple, drained
- 1 jalapeno, halved lengthwise, seeds and veins removed
- 1 tablespoon fresh lime juice
- Salt to taste

\* Or substitute any store-purchased fruit salsa.

# Tangerine Pork Stir-Fry

Prepare rice according to package directions. Remove from heat and let stand, covered, until ready to serve.

While rice is cooking, halve and squeeze 5 or 6 tangerines or 2 oranges to yield 2/3 cup of juice. In a medium bowl, whisk together juice, soy sauce, honey, and cornstarch. Set aside. Remove peel off remaining 2 tangerines or 1 orange. Cut half of peel into 1/4-inch strips (discard remaining peel). Set aside. Cut fruit into bite-sized pieces. Set aside.

In a large wok or skillet over medium-high heat, warm oil. Add fruit peel and stir-fry for 30 seconds. Add onion and stir-fry for 30 seconds. Add pork and stir-fry until pork is cooked through and onion is crisp-tender, 3 to 4 minutes. Add juice mixture and fruit and cook, stirring occasionally, until mixture comes to a boil and thickens, about 1 minute.

Serve stir-fry over rice sprinkled with cilantro, if desired

## SERVING SUGGESTIONS

Enjoy this simple-yet-flavorful stir-fry with steamed asparagus, steamed snap peas, or pot stickers. To make it your own, serve the stir-fry over rice noodles instead of rice, or add other vegetables like diced bell peppers, sliced carrots, or broccoli. Or add a touch of heat – sprinkle crushed red peppers on top.

**Yield: 4 servings | Prep time: 10 minutes | Cook time: 20 minutes**

# Chili-Rubbed Pork Chops with Grilled Pineapple Salsa

In a shallow bowl, combine chili powder, brown sugar, garlic powder, onion powder, and salt. Sprinkle both sides of pork with spice mixture.

Prepare a grill to medium-high heat and lightly oil the grate. Grill pork until internal temperature reaches 145 degrees F, 4 to 5 minutes per side. Grill pineapple (if using fresh) and jalapeno until lightly charred, 2 to 3 minutes per side. Remove chops from grill and let rest 5 minutes.

Meanwhile, dice pineapple and finely dice jalapeno. In a medium bowl, combine pineapple, jalapeno, and lime juice. Season to taste with salt.

Serve chops with salsa on top.

## SERVING SUGGESTIONS

Bell peppers or zucchini, cooked on the grill with the rest of the meal, would be an easy and flavorful side dish. Grill-warmed tortillas would be nice, too. You can also make the recipe using bone-in center rib chops or boneless chops. You can make the salsa with grilled peaches, nectarines or mangoes. If you like, add chopped onion or cilantro to the salsa. Likewise, feel free to play with the rub ingredients to make the mixture your own.

**Yield: 4 servings | Prep time: 15 minutes | Cook time: 20 minutes (includes time to preheat grill)**