

Grilled Maple-Glazed Pork Chops & Steamed Green Cabbage ~ choose one side item to complete your meal

Grilled Maple-Glazed Pork Chops

4 servings

1 lb	Center cut, boneless pork chops, fat trimmed
2 tsp	Dried thyme leaves
¼ cup	Maple syrup
2 Tbsp	Mustard with grainy texture



Heat the outdoor grill to medium-high heat (375-400°). In a small bowl, mix together thyme, syrup and mustard. Dip each pork chop into the mixture and hold on a clean plate or flat pan. Grill for about 5 minutes per side, depending on the thickness. Pork is done when a meat thermometer reads 160°. *Note: This delicious recipe may also be broiled in the oven.*

- **Fresh center cut pork chops on sale**
- **Fresh green cabbage on sale**

Pork Recipe Nutrition per serving

152 calories; 18 gm protein; 5 gm carbohydrate; 7 gm total fat; 3 gm saturated fat; 0 trans fat; 48 mg cholesterol; 3 gm fiber; 46 mg sodium

To Make Steamed Green Cabbage: Wash cabbage in cool water. Shake off extra water. Cut in half, remove hard inner core, and discard. Cut in half again. Cut each piece into thin shreds with a sharp knife and cutting board. Add about one inch water to a large skillet, cover with lid and heat to high. When water boils, add cabbage. Cook about 5-8 minutes until tender-crisp. Drain. Dust with salt and pepper to taste. Or, steam in the microwave oven until tender-crisp.

Side Items:

1. Onion-Flavored Green Beans or French Green Beans – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

2. Lightly Sauteed Greens – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

3. Chile Rice Pot – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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