

Pineapple Pork Steak & Steamed Fresh Broccoli ~ choose one side item to complete your meal

Pineapple Pork Steak

6 servings

1 ½ lb	Pork Boston Butt steaks
¾ cup	Crushed pineapple, with juice
½ cup	Dry sherry <u>or</u> pineapple juice
2 Tbsp	Brown sugar
1 clove	Garlic, minced
½ tsp	Rosemary, minced



Place pork steaks in a zip-top plastic bag. Combine remaining ingredients and pour into bag. Seal well, turn over 3-4 times, and refrigerate for 1-24 hours. Grill over medium-high heat 18-20 minutes, or until meat thermometer reaches 160 degrees.

Fresh Boston Butt pork steak on sale

Fresh broccoli crowns on sale

Pork Recipe Nutrition per serving

255 calories; 22 gm protein; 7 gm carbohydrate; 14 gm total fat; 5 gm saturated fat; 0 trans fat; 81 mg cholesterol; 0 gm fiber; 60 mg sodium

To Make Steamed Fresh Broccoli: Wash broccoli in cool water. Shake off extra water. Trim the bottom of each broccoli stalk. Cut into moderate-sized stalks. Add about one inch water to a large skillet, cover with lid and heat to high. When water boils, add broccoli. Cook about 5-8 minutes until tender-crisp. Drain. Dust with salt and pepper to taste.

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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