



Mole-Style Pork Chops

Cocoa powder is the key ingredient to savory mole sauce; it adds a smooth, rich flavor without being overly sweet. Try it on pork or chicken for a delicious, Mexican-inspired dinner. This would also be great for a slow-cooked pork tenderloin or roaster chicken.

Ingredients:

- 1 tablespoon brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon ground chipotle chile peppers
- ½ teaspoon salt
- 4 (6-ounce) bone-in center-cut pork chops (about ½ inch thick)
- Cooking spray

Directions:

- Heat a grill pan over medium heat.
- Combine first 6 ingredients; rub evenly over both sides of pork. Lightly coat pork with cooking spray. Place pork on grill pan; cover and grill 3 minutes on each side or until done. Let stand 3 minutes.

Yield: 4 servings (1 pork chop)

Nutritional Information: Calories 180 (32% from fat); Fat 6.4g (sat 2.1g, mono 3g, poly 1.2g); Iron 0.5mg; Cholesterol 70mg; Calcium 11mg; Carbohydrate 4.4g; Sodium 376mg; Protein 25.4g; Fiber 0.8g

Recipe Source: Cooking Light, December 2004

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.