



Pork Chops with Ginger-Cherry Sauce

Use any variety of fruit preserves if you don't have cherry on hand. Serve with egg noodles tossed with chopped fresh parsley.

Ingredients:

- 1 teaspoon dark sesame oil
- 4 (4-ounce) center-cut boneless pork chops, trimmed
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup cherry preserves
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon bottled ground fresh ginger (such as Spice World)
- 1 teaspoon seasoned rice vinegar

Directions:

- Heat oil in a nonstick skillet over medium-high heat. Sprinkle pork with salt and pepper; add to pan. Cook 4 minutes on each side; remove pork from pan.
- Combine preserves and remaining ingredients in a small bowl. Add preserves mixture to pan; reduce heat, and cook 2 minutes or until slightly thickened, stirring constantly.
- Return pork to pan; cook 2 minutes or until thoroughly heated.

Yield: 4 servings (1 pork chop and 2 tablespoons of sauce)

Nutritional Information: Calories 275(26% from fat); Fat 7.8g (sat 2.6g, mono 3.4g, poly 1g); Iron 1mg; Cholesterol 67mg; Calcium 19mg; Carbohydrate 26.8g; Sodium 453mg; Protein 23.5g; Fiber 0.1g

Recipe Source: Cooking Light, May 2006

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.