

Thyme, Pork Chop & Pineapple Skillet Supper

Thyme adds bright, woody flavor to pork and pineapple in this simple one-skillet supper. Serve with brown rice and a baby spinach salad.

http://www.eatingwell.com/recipes/pork_pineapple_skillet_supper.html



Ingredients- Makes 4 Servings

- 3 tablespoons orange marmalade
- 3 tablespoons orange juice, plus more if needed
- 2 teaspoons Dijon mustard
- 1/2 teaspoon minced fresh ginger
- 1/2 teaspoon curry powder
- 4 fresh or canned pineapple rings (1/2 inch thick), cut in half, any juice reserved
- 2 teaspoons butter
- 4 4- to 5-ounce boneless pork loin chops (1/2 inch thick), trimmed
- 2 tablespoons chopped fresh thyme (see Tip), divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, divided

Nutrition Facts	
Serving Size 4 oz pork chop with sauce (113g)	
Amount Per Serving	
Calories 257	
	% Daily Values*
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 22g	44%
*Percent Daily Values are based on a 2,000 calorie diet.	

Preparation: Total Time= 30 mins

- Combine marmalade, 3 tablespoons orange juice, mustard, ginger and curry powder in a small bowl; set aside. Pour pineapple juice into a measuring cup; if necessary, add enough orange juice to equal 1/3 cup total. Set aside.
- Heat butter in a large nonstick skillet over medium-high heat. Add pork chops, sprinkle with 1/2 tablespoon thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper. Immediately turn them over and sprinkle with another 1/2 tablespoon thyme and the remaining salt and pepper. Cook the chops, turning occasionally and adjusting the heat as necessary, until browned, 3 to 4 minutes.
- Add the reserved juice to the pan. Reduce heat to medium and continue cooking until the chops are cooked through, 2 to 3 minutes more. Transfer to a platter and keep warm.
- Add pineapple, the reserved sauce and the remaining 1 tablespoon thyme to the pan. Cook, stirring, until hot and bubbling, 1 to 2 minutes. To serve, spoon the sauce onto the chops and pineapple.

Tip

- To remove thyme leaves from the sprig, hold each sprig at the top with one hand, then run the thumb and finger of the other hand down the stem to strip off the leaves.