

Pork Chops With Pineapple Asian Glaze

RECIPE NUMBER: 9113048 for a serving size of 25



INGREDIENTS:

For this recipe, you will need the following ingredients:

- 2 ½ cups Pineapple chunks or tidbits
- 2 ½ cups of Pineapple Juice (from pineapple chunks or tidbits)
- 5 Tbsp Cornstarch
- 5 Tbsp Soy Sauce
- ¼ tsp Ginger Powder
- ¾ tsp Garlic Powder
- 3 Tbsp Honey
- 1 Fresh Red Sweet Peppers
- 1 Fresh Green Sweet Peppers
- 25 Pork Chops (thawed)
- Season Salt
- Fresh Parsley for Garnish

Nutritional Value

Calories-172 kcal

Fat-5 g

Cholesterol-51 mg

Sodium-45 mg

Points of Contact

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METHOD OF PREPARATION:

1. First you will need a sauce pan large enough to prepare the amount of glaze needed. Pour the Pineapples with the juice into pan, add cornstarch. Stir until the cornstarch has dissolved. Heat until the liquid has thickened to a glaze consistency.

2. Remove from heat. Add soy sauce, garlic, ginger, and honey. Stir to mix, blend well and let cool to room temperature.

3. Pre- heat oven to 375 F

While the oven is heating, dice the red and green peppers and set aside until ready to use.

4. Add red and green peppers to the room temperature glaze and blend well. Set glaze aside until ready to use. (Do not refrigerate since you want the glaze to be slightly warm)

In a lightly oiled sheet pan, place pork chops and season with seasoned salt.

Place pork chops in the oven and bake for 20 minutes or to an internal temperature of 165F

Remove pork chops from the oven and place in 2" long serving pan shingle without overcrowding.

Spoon approximately 2-3 Tablespoons of glaze over each pork chop

To finish garnish pork chops with parsley

For more information on the Pork chops with Pineapple Asian Glaze and other recipes visit our website at www.usafservices.com