

# Foster's Body & Paint

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## Southwestern Pineapple Pork Chops

### Ingredients:

- 4 boneless pork loin chops (5 oz. each)
- 1/2 tsp. garlic pepper blend
- 1 Tbsp. canola oil
- 1 can (8 oz.) unsweetened crushed pineapple, undrained
- 1 cup medium salsa
- Minced fresh cilantro

### Preparations:

- 1.) Sprinkle pork chops with pepper blend. In a large skillet, brown chops in oil. Remove and keep warm.
- 2.) In the same skillet, combine pineapple and salsa. Bring to a boil. Return chops to the pan. Reduce heat; cover and simmer for 15-20 minutes or until tender. Sprinkle with cilantro.



Makes 4 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)