

Spicy Peach-Glazed Pork Chops

Portions: 5

Serving size: 1 Pork Loin Chop, peach pieces, and sauce

Ingredients

1 cup canned peaches, drained
1 teaspoon chili powder
5 pork loin boneless chops
1 teaspoon ground ginger
1 teaspoon ground cinnamon
Pepper to taste
2 tablespoons canola oil
½ cup lemon juice

Preparation

1. Slice peaches into bite size pieces.
2. In a small bowl, mix the peach pieces with chili powder.
3. Heat oil in a large skillet over medium-high heat. Sear the chops for about 2 minutes on each side. Sprinkle the chops with ginger, cinnamon and pepper. Set aside.
4. Pour the lemon juice into the pan, stir in the peaches and chili powder mix. Flip the chops to coat with the sauce. Reduce heat to medium low, and cook the pork chops for about 8 minutes on each side or until done. Coat the chops frequently with the sauce throughout the cooking process.

Renal and diabetic food choices: 3 ½ protein, ½ medium potassium fruit

Nutrients per serving: 253 calories, 25g protein, 6g carbohydrate, 63 mg sodium, 462mg potassium, 300 mg phosphorus

Adapted from www.allrecipes.com