

Peppercorn Pork Chops

Ingredients:

1 tablespoon crushed black peppercorns
6 pork loin chops
2 tablespoons olive oil
¼ cup margarine
5 whole garlic cloves
½ cup diced green bell peppers
½ cup diced red bell peppers
½ cup corn, thawed from frozen
½ cup apple juice

Preparation:

- Sprinkle the crushed peppercorns on both sides of the pork chops.
- Heat oil, margarine and garlic in a pan over medium heat. Stir frequently.
- Add the pork chops and cook for 5-6 minutes. Don't cover.
- Add the bell peppers, corn and apple juice. Simmer and cook for 5-6 minutes until the meat is thoroughly cooked.

Serves: 6

Recipe adapted from renaldietguidelines.org