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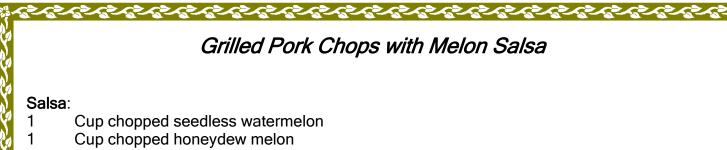
Veterans-For-Change

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- 3 Tbsp finely chopped sweet onion
- 1 Tbsp finely chopped jalapeño pepper
 - Tbsp chopped fresh cilantro
 - Tbsp fresh lime juice
- 1/8 Tsp salt

Pork chops:

1 1

- 2 Tsp canola oil
- 1 1/2 Tsp chili powder
- 1/2 Tsp garlic powder
- 1/2 Tsp salt
- 1/4 Tsp freshly ground black pepper
- 4 (4-ounce) boneless center-cut pork chops, trimmed Cooking spray
 - 1) To prepare salsa, combine the first 7 ingredients; set aside.
 - 2) To prepare pork chops, heat a grill pan over medium-high heat. Combine oil and next 4 ingredients (through black pepper) in a small bowl. Rub oil mixture over both sides of pork chops. Coat pan with cooking spray. Add pork to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with salsa.

Makes 4 Servings



Easy Cooking by Jim Davis © 2011