

Pork Chops with Mandarin Oranges and Cranberries

Non-stick cooking spray
4 (4 oz) raw boneless pork loin chops, trimmed
1 tsp garlic (in jar) or 2 garlic cloves, minced
½ tsp dried rosemary leaves
½ tsp ground cinnamon
⅛ tsp ground cloves
2 tbsp brown sugar
2 tsp dry orange peel
½ cup orange juice
½ cup fresh cranberries
1 (11 oz) can mandarin oranges in light syrup, drained

Nutrient Value (per serving)

Calories 247; Carbohydrates 17 g;
Protein 25 g; Saturated Fats 3 g;
Fiber 2 g

1. Preheat oven to 325 degrees F. Spray baking dish with non-stick cooking spray.
2. Place pork chops in baking dish. Bake 15 to 20 minutes or until juices run clear.
3. While pork chops are baking, heat a small skillet on high and spray it with non-stick cooking spray. Add garlic, rosemary, cinnamon, cloves, brown sugar and orange peel. Saute, stirring constantly for a few seconds. Then, add orange juice.
4. Bring to boil, and boil on medium heat until the sauce is reduced and thickened.
5. Add cranberries and cover pan for 1 to 2 minutes, until cranberries have burst. Uncover the pan and add oranges.
6. Heat thoroughly. Spoon sauce over the chops when serving.

Yield: 4 – 3 oz pork servings (cooked weight)

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