

## **Maple-Brined Pork**

The Enlightened Cook

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**Preparation Time: 26 minutes**

**Start to Finish Time: 9 hours**

**3 cups water**  
**1/2 cup fat-free lower-sodium chicken broth**  
**1 tablespoon black peppercorns**  
**1 1/2 teaspoons whole allspice**  
**4 cloves garlic, crushed**  
**1 bay leaf, crumbled**  
**2 tablespoons Kosher salt**  
**1/2 teaspoon Kosher salt (additional)**  
**2 1/2 tablespoons maple syrup, divided**  
**4 four-ounce boneless pork chops**  
**1/2 teaspoon black pepper, divided**  
**cooking spray**  
**2 tablespoons butter, melted**  
**2 ripe plums, halved and pitted**  
**2 ripe peaches, halved and pitted**  
**2 green onions (optional), sliced**

In a saucepan, place the water, broth, peppercorns, allspice, garlic, bay leaf, two tablespoons of salt and two tablespoons of syrup. Bring to a boil and dissolve the salt. Cool.

Seal the pork and brine in a zip-top plastic bag. Chill for 8 hours. Drain.

Preheat the grill to medium-high heat.

Sprinkle the pork with 1/4 teaspoon of the black pepper.

Grill the pork on a rack coated with cooking spray for 3 minutes on each side or until done.

In a bowl, combine the remaining maple syrup and butter. Brush onto the fruit.

Sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper.

Grill the fruit, cut sides down, on the rack coated with cooking spray for 3 minutes.

Cut each peach and plum half in half again. Serve with the pork.

Top with the green onions, if desired.

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Per Serving (excluding unknown items): 398 Calories; 24g Fat (50.5% calories from fat); 3g Protein; 49g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 11550mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 4 1/2 Fat; 2 Other Carbohydrates.