

Pineapple Pork Chops

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Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*6 pork chops
1 can (20 ounce) pineapple
chunks in juice
1 tablespoon brown sugar
1/2 medium onion, thinly
sliced
2 teaspoons cornstarch
1 tablespoon cold water
salt
pepper*

Trim the fat from the pork chops. Reserve the trimmings.

In a skillet, heat the trimmings until one tablespoon of fat accumulates. Discard the trimmings. Brown the chops on both sides in hot fat. Drain. Season the chops with salt and pepper.

Drain the pineapple chunks, reserving 1/2 cup of the juice. Mix the juice with one tablespoon of brown sugar. Mix the pineapple chunks into the brown sugar mixture.

In the skillet, place the chops and arrange the sliced onion over the chops. Top with the pineapple mixture. Cover. Simmer for 50 to 60 minutes.

Remove the chops from the skillet. Skim the fat from the skillet.

In a bowl, blend the two tablespoons of cornstarch with the cold water. Stir into the skillet. Cook and stir until thick and bubbly. Serve the pineapple sauce over the chops.

Per Serving (excluding unknown items): 1615 Calories; 89g Fat (50.2% calories from fat); 140g Protein; 58g Carbohydrate; 3g Dietary Fiber; 442mg Cholesterol; 360mg Sodium. Exchanges: 1/2 Grain(Starch); 20 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.