

Pork

Plantain-Crusted Pork Chops with Sauce

Publix Aprons Simple Meals

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

The green pepper sauce is a Tabasco brand and gives the sauce a little bite. I prepared the recipe twice in order to double the quantity. The second batch did not contain the green sauce. I then mixed the two batches to mellow the sauce and have sufficient quantity to serve an individual ramekin of sauce to each individual for dipping.

2 cups Plantain Chips (Bagged like potato chips)

6 saltine crackers

1 large zip-top bag

1 egg (or 1/4 cup egg substitute)

4 boneless top loin pork chops (1 1/2 lbs)

1 teaspoon Complete seasoning (Publix house brand)

1 tablespoon flour

2 tablespoons extra-virgin olive oil

1/4 cup mayonaise (I used Miracle Whip)

1 1/2 teaspoons peach preserves

1 tablespoon green pepper sauce

Place plantain chips and crackers in large zip-top bag. Crush with meat mallet (or rolling pin). Beat egg lightly in shallow bowl until blended. Sprinkle pork chops with seasoning and flour (wash hands).

Preheat large saute' pan on medium 2-3 minutes. Coat pork chops by dipping in egg; remove, let excess drip off, and add to zip-top bag (wash hands). Seal bag tightly and shake (or press with fingertips) to evenly coat pork chops.

Place oil in pan; swirl to coat. Add pork chops (wash hands); cook 6-7 minutes on each side or until internal temperature reaches 160 degrees (for medium). Use a meat thermometer to accurately ensure doneness.

While pork chops cook, prepare sauce by combining remaining ingredients in small bowl until blended and smooth. Serve over pork chops or use as a dipping sauce.

Per Serving (excluding unknown items): 92 Calories; 7g Fat (70.3% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Fat; 0 Other Carbohydrates.