

Pork

Pork Chops with Peaches

Joe Gray - Chicago Tribune
Palm Beach Post

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

2 strips bacon

4 pork chops

1/2 teaspoon salt

freshly ground pepper

1 tablespoon olive oil (optional)

3/4 cup dry white wine

4 fresh peaches, cut into 1/2-inch cubes

8 leaves fresh basil, sliced into thin strips

Cook the bacon in a large skillet until crisp. Drain on a paper towel-lined plate. When cool, crumble.

Meanwhile, season the chops with 1/4 teaspoon of the salt and the pepper to taste.

Add oil to the skillet if needed so that the chops won't stick. Add the chops to the skillet.

Cook over medium-high heat, turning once, until browned on both sides, 5 minutes per side.

Remove from the skillet. Keep warm. (If using thick chops, you may need to finish in the oven. Do so at 350 degrees for 10 to 15 minutes.)

Add wine to the skillet. Cook for 2 minutes until reduced slightly, scraping the bottom of the pan to loosen any bits from the chops.

Add the peaches to the skillet. Season with the remaining 1/4 teaspoon of salt and with pepper to taste. Cook, stirring, until warmed through and slightly softened, about 5 minutes.

Return the chops to the skillet and spoon the peaches over the chops.

Divide the chops among four plates topped by peaches, crumbled bacon and basil.

Per Serving (excluding unknown items): 325 Calories; 16g Fat (50.1% calories from fat); 25g Protein; 12g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 378mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat.