

Pork

Pork and Tomato Skillet Saute'

Bruce Weinstein and Mark Scarbrough

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Servings: 4

4 teaspoons olive oil, divided

4 six-ounce bone-in center-cut loin pork chops (1/2-inch thick), trimmed

1/2 teaspoon salt, divided

1/2 teaspoon freshly ground black pepper, divided

1/2 cup shallots, thinly sliced

2 tablespoons balsamic vinegar

2 teaspoons garlic, minced

2 cups grape tomatoes

3 tablespoons fresh basil, chopped

Heat a large nonstick skillet over medium-high heat. Add one tablespoon of oil. Swirl to coat.

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

Add the pork to the pan. Cook 3 minutes on each side or until the desired degree of doneness is reached.

Remove the pork from the pan.

Add the remaining one tablespoon of oil, shallots, vinegar and garlic to the pan. Saute' for 1 minute, scraping the pan to loosen the browned bits.

In a medium bowl, combine the tomatoes, remaining 1/4 teaspoon of salt and remaining 1/4 teaspoon of pepper. Toss gently to coat.

Add the tomato mixture to the pan. Cook for 2 minutes or until the tomatoes begin to soften. Sprinkle with the basil.

Serve the tomato mixture with the pork.

Per Serving (excluding unknown items): 59 Calories; 5g Fat (66.1% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 269mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat.