

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Cherry Mustard Pork Chops

From: www.paleomg.com

2 bone-in pork chops (mine were thinly sliced)
1 tablespoon olive oil or melted coconut oil
½ teaspoon sea salt
½ teaspoon dried parsley
2 tablespoons butter (or coconut oil, etc.)
½ cup pitted cherries
1 tablespoon balsamic vinegar
2 teaspoons mustard
1 tablespoon maple syrup

1. Heat up grill to medium heat.
2. Place pork chops on a plate and use a brush to wipe on olive oil on both sides then sprinkle with salt and parsley. Set aside.
3. Place a small saucepan over medium heat on stove top and add butter, cherries, balsamic vinegar, mustard, and maple syrup. Mix to incorporate.
4. Let the sauce begin to bubble, stirring frequently to make sure it doesn't burn on the bottom.
5. Turn heat to low and let the sauce simmer for about 3-5 minutes until cherries are soft.
6. Remove from heat, pour half of the sauce into a bowl, leave the rest in the pan.
7. Use a brush, glaze one side of the pork chop then place that glazed side down onto the grill.
8. Then glaze the other side, cover grill and let cook for 5-7 minutes per side, depending on the thickness of the pork chop.
9. Once the pork chops are done cooking on both sides, add pork chops to a plate and top with the leftover cherry sauce.