

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Grilled Sweet and Spicy Pineapple Pork Chops

From www.paleomg.com

4 pork chops (I used thinly cut)

½ - 1 teaspoon salt

4 pineapple rounds

cilantro, for garnish

green onions, for garnish

For the sauce:

1 cup coconut aminos

2 tablespoons sriracha

1 teaspoon sesame oil

1 teaspoon freshly grated ginger

¼ teaspoon garlic powder

1. Heat up grill or grill pan over to medium-high heat and grease to keep meat and pineapple from sticking. Pat pork chops dry and sprinkle with salt. Place on grill to cook for 5-6 minutes per side, depending on the thickness. The pork chops should come to an internal temperature of 145 degrees F. Set aside and lightly cover with foil to keep warm.
2. Place all ingredients for the sauce in a large sauté pan over medium heat and whisk together to combine. Let cook down and reduce for about 6-8 minutes until mixture is thick and coats the back of a spoon.
3. When pork chops are done cooking, grease the grill once more than place pineapple on grill about cook for 3 minutes per side, until grill marks appear and pineapple has softened.
4. Top each pork chop with a pineapple round then drizzle sauce on top and garnish with cilantro and green onions.