



Southern-Style Pork Chops and Salsa

Recipe By KELLI SMITH and ERIN BARNETT

SERVES: 4

PORK CHOPS:

- ☐ 4 boneless pork chops (1 inch thick)
- ☐ 2 tbsp. olive oil
- ☐ 2 tbsp. brown sugar
- ☐ ½ tsp. garlic powder
- ☐ ½ tsp. Italian seasoning
- ☐ ½ tsp. salt
- ☐ ½ tsp. black pepper
- ☐ 1 tsp. paprika

SALSA:

- ☐ 1½ cups Roma tomatoes, *chopped*
- ☐ 1 cup green bell pepper, *chopped*
- ☐ 1 small yellow onion, *chopped*
- ☐ 1 cup fresh cilantro, *chopped*
- ☐ ½ cup green onion, *chopped*
- ☐ ½ balsamic vinegar
- ☐ ½ ketchup
- ☐ 1 tsp. garlic powder
- ☐ 1 tsp. salt
- ☐ 1 tsp. pepper

DIRECTIONS:

- ☐ 1. Line the baking sheet with foil. Preheat the oven to 375°F.
- ☐ 2. In a small mixing bowl, combine dry ingredients for the pork chops.
- ☐ 3. Rub olive oil on both sides of pork chops, followed by dry seasoning mix.
- ☐ 4. Place seasoned pork chops on baking dish.
- ☐ 5. Bake for 30 minutes.
- ☐ 6. In a medium sized mixing bowl, stir together tomatoes, peppers, yellow onions, cilantro and green onion for the salsa.
- ☐ 7. Stir in ketchup and balsamic vinegar.
- ☐ 8. Add garlic powder, salt, and pepper.
- ☐ 9. Serve salsa over pork chops.

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