

# Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa

SERVES 5



The homemade pineapple-teriyaki glaze is really the star of this dish. It's so good you may even want to double the recipe and keep it in your refrigerator—it's great on everything from burgers to salmon and steak! I love pork chops, but lean chops can sometimes be tricky to cook because they dry out if not cooked properly. Marinating them in pineapple juice, which is acidic, and cooking them on the grill for about 6 minutes on each side yields perfectly juicy chops. If pork isn't your thing, you can replace it with skinless chicken breasts or lean sirloin steaks instead.

## PORK CHOPS

¼ cup pineapple juice  
4 teaspoons reduced-sodium soy sauce (or tamari\* for gluten-free)  
1 large garlic clove, crushed  
½ teaspoon grated fresh ginger  
5 boneless pork loin chops (4 ounces each), trimmed of fat

## TERIYAKI SAUCE

1 teaspoon cornstarch  
3 tablespoons reduced-sodium soy sauce (or tamari\* for gluten-free)  
¼ cup pineapple juice  
2 tablespoons dark brown sugar  
½ teaspoon grated fresh ginger  
1 small garlic clove, minced

## PINEAPPLE SALSA

1½ cups fresh pineapple, cut into ½-inch cubes  
1 fresh jalapeño pepper, finely chopped  
2 tablespoons finely chopped red onion  
1 tablespoon finely chopped fresh cilantro  
Cooking spray or oil mister

\*Read the label to be sure this product is gluten-free.

For the pork chops: In a small bowl, combine the pineapple juice, soy sauce, garlic, and ginger. Put the pork chops in a container and pour the marinade over them. Let sit for about 30 minutes.

For the teriyaki sauce: In a small bowl, whisk together the cornstarch and 3 tablespoons cold water until dissolved. In a small saucepan, combine the soy sauce, pineapple juice, brown sugar, ginger, and garlic. Bring to a boil over medium-low heat and cook until reduced and thickened, about 4 minutes. Add

(recipe continues)

PER SERVING	(1 CHOP + ½ CUP SALSA)
CALORIES	214
FAT	6 g
SATURATED FAT	2 g
CHOLESTEROL	43 mg
CARBOHYDRATE	15 g
FIBER	1 g
PROTEIN	24 g
SUGARS	11 g
SODIUM	520 mg