

Pineapple Glazed Pork Chops

4-6 oz Pork chops

8 oz Julianna's Delectible Fruit Reduced Sugar Pineapple Pequin Jam

2 oz Olive Oil

Salt & Pepper to taste

Cornstarch to coat Pork Chops

1/2 Lemon

Combine the salt, pepper and cornstarch, dredge the pork chops in the cornstarch mixture, just till you have a coating on the chops. In an oven safe sauté pan bring the olive oil to a medium heat. Sauté the pork chops until you have browned both sides than remove and set aside.

Return pan to heat adding the lemon juice and Reduced Sugar Pineapple Pequin Jam. Stir occasionally and once it comes to a simmer add the pork chops back into the pan. Place this into the oven at 350 degrees F. Bake for 10 minutes or until pork chops are done.

You may serve with vegetables and potato, Enjoy!

You may use any type of meat you would like; chicken, lamb, steak, fish or ham.

This Recipe was supplied by Chef Julianna Wesolek, for Julianna's Delectible Fruit, Inc www.juliannasdelectibles.com