

Walnut-Crusted Pork Chops

with Cherry topping

- This recipe is healthy and quick for a weeknight meal, but fancy enough to impress! Serve with a green salad or sautéed snap peas.
- Pork loin is the leanest cut of pork that you can buy.
- This recipe uses half of a TEFAP pork loin, but it can be easily doubled to use a whole loin to feed a bigger crowd or ensure leftovers for the week!
- Coating the pork with walnuts adds fiber and healthy omega-3 fats, but you can also use pecans, almonds, pistachios or other tree nut.
- Use a food processor to chop walnuts into smaller pieces, if you like. To cut even chops, cut the half pork loin in half, then cut each piece in half again until you have 8 even chops.
- Any extra cherry compote can be used as a topping for yogurt or oatmeal at breakfast the next day.

Nutrition Facts

8 servings per container

Serving size 1 pork chop + 2T
cherry sauce
(303g)

Amount per serving

Calories **480**

% Daily Value*

Total Fat 22g **28%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 220mg **10%**

Total Carbohydrate 37g **13%**

Dietary Fiber 3g **11%**

Total Sugars 28g

Includes 0g Added Sugars **0%**

Protein 34g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2mg 10%

Potassium 784mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Walnut-Crusted Pork

Servings: 8

Prep Time: 30 minute meal

Ingredients:

For pork chops

- 2 cups walnuts, coarsely chopped
- 1 pork loin roast (about 2-3 pounds or half TEFAP loin)
- 1 tablespoon olive oil
- 2 tablespoons Italian seasoning
- 1 tablespoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

For cherry topping

- 2 cups tart dried cherries
- 4 cups water + 2Tbsp water
- 2 tablespoons cornstarch

Directions:

1. Preheat oven to 350 degrees. Soak cherries in 4 cups hot water while you prepare the pork chops (at least 15 minutes).
2. In a large dish or bowl, combine ground walnuts, Italian seasoning, garlic powder, salt and pepper.
3. Rub pork loin with olive oil, then evenly slice into 8 chops. Roll the edges of each chop in walnut mixture until edges are completely covered.
4. Lay pork chops flat on a greased sheet pan. Bake in oven for 25 minutes or until meat thermometer reads 160 degrees.
5. While pork chops are in oven, make the cherry topping: pour soaked cherries and water into a saucepan over medium heat. Bring to a simmer and remove from heat. In a small bowl, make a slurry of cornstarch and 2 Tbsp. water, then slowly whisk into hot cherry mixture. The mixture should thicken to a gravy texture.
6. Serve 1 pork chop with 2 Tablespoons cherry compote on top.