



## Dominican-Style Pork Chops

4 servings  
30 minutes

### Ingredients

- 15 3/4 ozs Pork Chop (boneless)
- 2 tbsps Lime Juice
- 1/2 tsp Sea Salt
- 1/2 tsp Oregano
- 4 Garlic (clove, minced)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Red Bell Pepper (medium, sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 1 Yellow Onion (small, halved and sliced)
- 1/4 cup Green Olives (pitted, with brine)
- 1/4 cup Tomato Sauce
- 2 tbsps Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	271
Fat	15g
Carbs	11g
Fiber	2g
Sugar	4g
Protein	25g
Cholesterol	77mg
Sodium	424mg
Potassium	655mg
Vitamin A	1165IU
Vitamin C	128mg
Calcium	57mg
Iron	3mg
Vitamin D	23IU

### Directions

- 1 In a bowl, mix the pork chops, lime juice, sea salt, oregano, and garlic. Set aside.
- 2 Heat half of the oil in a large pan over medium-high heat. Once the pan is hot, add the pork chops and cook for three to five minutes per side, or until the pork is cooked through. This timing will depend on the thickness of your pork chop. Remove from pan.
- 3 Add the remaining oil to the pan and reduce the heat to medium-low. Add the peppers, onion, olives, and tomato sauce. Cook for 20 minutes or until the peppers are softened.
- 4 Add the pork chops back in and toss to warm through. Top with cilantro. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Marinate the pork chops for one hour before cooking.



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Vitamin E	2mg
Vitamin K	6µg
Thiamine	0.6mg
Riboflavin	0.3mg
Niacin	8mg
Vitamin B6	1.0mg
Folate	29µg
Vitamin B12	0.6µg
Phosphorous	263mg
Magnesium	42mg
Zinc	2mg
Selenium	39µg