

Studio 5

Friday, February 23, 2007

“Braised Pork Chops N Pasta”

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Dairy Farmers of Utah

Ingredients:

- 4 ounces dry pasta noodles
- 1/4 cup flour
- 1/2 teaspoon garlic salt
- 1/8 teaspoon black pepper
- 1 pound boneless pork loin chops (4)
- 2 tablespoons oil
- 1 can (15 oz) reduced sodium chicken broth
- 3 cups coarsely chopped fresh mushrooms
- 1-2 tablespoons cornstarch
- 2/3 cup non-fat sour cream
- Fresh snipped parsley, optional garnish

Method:

Braising – method of tenderizing meat by first browning meat in small amount of fat; then cooking slowly in small amount of liquid, adding liquid as needed to prevent burning dry.

Cook pasta according to package directions. Drain and rinse with hot water. Keep warm while cooking meat as directed below.

Combine flour, garlic salt and black pepper in gallon plastic bag. Trim excess fat from chops; place chops in plastic bag with flour. Close bag tightly and gently shake to coat chops with flour and seasoning.

Heat oil in an electric fry pan or large skillet which has a tight fitting lid; add coated chops and brown on both sides. Add chopped mushrooms and 1/4-1/3 cup chicken broth, bring to a boil, reduce heat to simmer, cover tightly and braise until tender. Add additional broth as needed (1-2 tablespoons at a time) to keep meat from scorching or burning. Turn chops once or twice during cooking process.

Remove chops from cooking pan and place on bed of cooked, drained pasta. Add 1 cup broth to cooking pan, bring to a boil, stir to de-glaze pan (or dissolve caramelized juices stuck to the bottom of the pan). In a small bowl, stir cornstarch into 1/3 cup chicken broth or water. Add cornstarch to juices in pan. Whisk until smooth, bring to a boil, reduce heat and cook 1 minute. Remove from heat and pour over chops and noodles. Sprinkle snipped fresh parsley on top for garnish. **Serve with a dollop of sour cream, colorful vegetables, whole wheat roll, small bowl of chunky applesauce and, of course, a tall glass of milk for complete nutrition.**

For nutrition analysis go to www.dairycouncilutnv.org or click on link below.

Nutrition Facts	
Serving Size 1 chop	
Servings Per Container 4	
Amount Per Serving	
Calories 480	Calories from Fat 180
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 5g	27%
Cholesterol 95mg	31%
Sodium 600mg	25%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	7%
Sugars 5g	
Protein 33g	
Vitamin A 0%	Vitamin C 4%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	