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“Portobello Pork Chops”

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A quick and easy dinner idea shared by Lu Arnold, Utah Pork Producers. “Recipe and photo courtesy of National Pork Board. For more information about The Other White Meat, visit TheOtherWhiteMeat.com.” Complete the meal by serving chops with brown rice and steamed broccoli. Recipe serves 4

Ingredients:

- 1 1/2 cups mild, chunky salsa
- 4 bone-in rib or loin pork chops, 3/4 inch thick
- 1 cup chopped Portobello mushrooms
- 2 tablespoons maple syrup
- 1 cup shredded cheddar cheese
- 1/4 cup snipped fresh parsley

Method:

Preheat oven to 375⁰ F. Trim excess fat from pork chops.

Spread salsa over bottom of 3-quart rectangular baking dish. Arrange pork chops on top of salsa.

Combine mushrooms, syrup, and cheese. Toss to coat; spoon over pork chops. Bake 25-30 minutes. Sprinkle with snipped parsley. Serve chops with salsa mixture.

NOTE – TIP FOR MAKE AHEAD: This is a nice recipe for making ahead and freezing. Use a freezer/baking dish or foil pan. Assemble ingredients as directed above, without cheese and parsley. Seal, label and freeze. To use, thaw in refrigerator; sprinkle with cheese, bake as directed above. Sprinkle with parsley before serving.



Nutrition Facts	
Serving Size 1 chop w/ salsa (257g)	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 8g	42%
Cholesterol 90mg	29%
Sodium 650mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 29g	
Vitamin A 15%	Vitamin C 6%
Calcium 25%	Iron 8%
*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	