



Ratatouille Pork Chops



Ingredients

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4	Ontario Pork Loin Chops , bone-in or boneless
1 Tbsp (15 mL)	Olive oil
1 Tbsp (15 mL)	Minced garlic
1	Ontario green pepper , chopped
1	Medium Ontario onion , chopped
1 can (19 oz/540 mL)	Whole tomatoes, undrained
2	Small (or one large) Ontario zucchini , thickly sliced
1	Medium Ontario eggplant , peeled and sliced
1 tsp (5 mL)	Dried oregano
2 Tbsp (30 mL)	Fresh basil, chopped (or 2 tsp/10 mL dried basil)
1/2 tsp (2 mL)	EACH: salt and pepper

Yield:

Serves 4

Preparation Time:

10 minutes

Cooking Time:

30 minutes

Cooking Instructions

Heat oil in a non-stick skillet over medium-high heat. Trim all visible fat from pork and brown for 3 minutes on each side, depending on thickness of chop. Remove from pan. Add garlic, green pepper and onion to pan and sauté for 1 minute. Add whole tomatoes, crushing with a spoon. Add remaining ingredients, mix well, reduce heat to low, cover and simmer for about 5 minutes. Return meat to pan, and continue simmering, uncovered, another 15 minutes.

Nutritional Information (1/4 of recipe): 214 kcal, 6.5 g fat (1.6 g saturated), 13 g carbohydrate (3 g fibre), 26 g protein, 284 mg sodium