

Salsa Chops:

1 lb Meadowbrook's Omega Boneless Centre Cut Pork Chops
2 tsp Canola Oil
Onion, chopped
¾ cup Salsa
Juice
1 Den Haan's green pepper, chopped
1 large Sawler's
½-cup Mason's Apple

In a large non-stick skillet, heat oil over medium-high heat. Add chops and brown lightly on both sides. Remove from pan and keep warm. Add onion to pan and sauté lightly, stirring to loosed browned bits from bottom of pan. Return chops to pan. Spoon salsa over chops and add apple juice. Bring to a boil; reduce heat to low. Cover and cook about 4 minutes. Turn and baste with sauce. Add green peppers. Cover and cook another 3-4 minutes. Remove chops and keep warm. If sauce requires thickening, boil and stir about 2 more minutes. Spoon sauce over chops to serve. Yields 4 servings.

Source: Pork Nova Scotia
