

## **Blackberry-Sauced Pork Chops**

### **Compliments of Good Earth Gardens**

#### Ingredients:

- ½ cup seedless blackberry spreadable fruit or other jelly
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- Dash ground cinnamon
- 4 boneless pork loin chops (5 ounces each)
- 2 teaspoons steak seasoning
- 2 teaspoons olive oil
- 1 cup fresh blackberries

#### Directions:

In a small saucepan, combine the spreadable fruit, lemon juice, soy sauce and cinnamon. Cook and stir over low heat until spreadable fruit is melted. Remove from the heat; set aside.

Sprinkle both sides of pork chops with steak seasoning. In a large nonstick skillet coated with cooking spray, cook chops in oil over medium-high heat for 5-7 minutes on each side or until a meat thermometer reads 160. Add blackberries to sauce and serve.

Yield: 4 servings.