
Grilled Pork Chops with Summer Melon Salsa

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com.

Servings: 4

SALSA

1 cup seedless watermelon, chopped
1 cup honeydew melon, chopped
1 cup cantaloupe, chopped
3 tablespoons sweet onion, finely chopped
1 tablespoon jalapeno pepper, seeded and minced
1 tablespoon fresh cilantro, chopped
1/4 cup fresh lime juice
1 tablespoon honey
1/8 teaspoon salt

PORK CHOPS

2 teaspoons canola oil
1 1/2 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 (4 ounce) boneless center-cut pork chops, trimmed
oil for cooking grate

To prepare salsa, combine all ingredients; set aside.

To prepare pork chops, heat grill to medium-high heat.

Combine oil and next 4 ingredients (through black pepper) in a small bowl.

Rub oil mixture over both sides of pork chops.

Coat the cooking grate with oil.

Place pork on grill; cook 4 minutes on each side or until desired degree of doneness.

Serve with salsa.

Pork/Lamb Entrees

Per Serving (excluding unknown items): 77 Calories; 3g Fat (27.6% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 351mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.