



## RECIPE OF THE WEEK

This Orange-Glazed Pork Chops with Green Beans and Tomatoes recipe will become a family favorite. Made with fresh and packaged nutritious ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this deliciously succulent meal is packed with protein, healthy veggies, and great taste sensations.



### ORANGE-GLAZED PORK CHOPS WITH GREEN BEANS AND TOMATOES

#### Nutritional Facts:

Pork chops are rich in protein, vitamins A and B12, phosphorus, selenium, calcium, iron, magnesium, zinc and potassium. While green beans, tomatoes, mint, and garlic together are high fiber, calcium, potassium, vitamins A, B6, C, and K, iron, and magnesium. All this helps digestive, heart and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immune function. and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 4):


½ pound green beans, trimmed	2 tablespoons chopped fresh mint
1 pint cherry tomatoes	2 tablespoons soy sauce
1 tablespoon olive oil	2 cloves garlic, minced
1 teaspoon kosher salt, divided	4 (6-ounce) pork chops
1 teaspoon ground black pepper, divided	1 tablespoon vegetable oil
⅓ cup orange marmalade	Garnish: fresh mint, flaked sea salt


#### Instructions:

1. Preheat grill to high heat (400° to 450°). Place a 12-inch cast-iron skillet on grill to heat for 15 minutes.
2. In a large bowl, toss together green beans, tomatoes, olive oil, and ½ teaspoon each salt and pepper. Add mixture to skillet; cook, stirring occasionally, until vegetables start to blister, about 4 minutes. Remove from skillet.
3. In a small bowl, stir together marmalade, mint, soy sauce, and garlic. Sprinkle pork chops with remaining ½ teaspoon each salt and pepper.
4. Heat canola oil in skillet. Add pork chops to skillet; cook, basting frequently with marmalade mixture, until a meat thermometer inserted in thickest portion registers 140°, about 3 minutes per side. Serve immediately with vegetables. Garnish with mint and sea salt, if desired.

***Eat & Enjoy!***

Recipe adapted from: [www.southerncastiron.com](http://www.southerncastiron.com)

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