

Delicious & Healthy

Savor The Flavor Of Healthful Cuisine

(NAPSA)—For many people, the one thing that stands between them and eating healthier is taste. So-called “health food” has gotten a bad reputation as being devoid of flavor. Fortunately, a little creativity in the kitchen can lead to culinary creations that are good for the whole body, including the taste buds.

A good place to start is with pork chops. Naturally lean, these versatile cuts readily absorb flavor, giving cooks free rein to experiment with seasonings, sauces and glazes.

Another useful ingredient is Coca-Cola. The soft drink can be a terrific sweetener in many different kinds of cooking. Plus, it's fat-free, making it a smart complement for pork.

Both these ingredients come into play in this savory recipe, which is further highlighted by the fresh fruit flavors of apple and lemon. By trimming the pork chops before cooking, you're doing your heart a world of good without sacrificing taste.

Fruited Pork Chops

Makes 4 servings

4 rib, loin or shoulder pork chops or smoked pork chops, ½ to ¾ inch thick

1 tsp. salt

⅛ tsp. pepper

⅛ tsp. ground ginger

1 medium apple

1 medium lemon or orange

2 Tbsp. brown sugar



Healthful recipes start with naturally low-fat foods, such as pork chops.

½ cup Coca-Cola

1 Tbsp. corn starch

Trim fat from chops, then brown them on each side in ungreased skillet. Lay chops in shallow baking pan. Do not overlap. Sprinkle with salt, pepper and ginger. Core unpeeled apple, cut crosswise into 4 thick slices. Cut lemon into 4 slices, remove seeds. Lay lemon slices atop apple slices, place on each chop. Sprinkle with brown sugar. Pour Coca-Cola around chops. Cover tightly. Bake in oven at 350°F for 45 minutes. Blend corn starch with 2 Tbsp. water until smooth. Stir into meat juices. Bake, uncovered, 15 minutes longer or until meat is fork-tender. Spoon sauce over fruit chops to glaze.

For more recipes, visit the Web site at www.coca-cola.com.