

Thai Peanut Pork Chops

- 4 Market Day[®] Boneless Pork Chops, thawed, cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- 1 garlic clove, minced
- 1/4 teaspoon ground ginger
- 2 tablespoons peanut butter
- 1/2 cup evaporated skimmed milk
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/4 cup green onion slices
- 1 cup chopped seeded cucumber

▲ In a shallow glass baking dish combine soy sauce, sugar, garlic and ginger. Add pork; cover. Refrigerate 30 minutes. ▲ Spray a large non-stick skillet with vegetable cooking spray. ▲ Heat over medium heat until hot. Add pork; stir-fry 2-3 minutes or until cooked through. ▲ Combine milk, peanut butter and honey. Add to pork mixture; heat until thickened. ▲ Stir in green onion and cucumber. ▲ Serve immediately.

Makes 5 servings.

Approximate Nutrition Information: serving size: 1/5th of recipe, calories: 243, protein: 32gms., carbohydrates: 11gms., fat: 9gms., cholesterol: 72mgs., sodium: 549mgs.