



Sesame-Crusted Pork with Sweet & Sour Sauce Stabilization (Week 3)

INGREDIENTS

1 pound thin, boneless pork chops, trimmed
¼ salt
¼ TSP ground white pepper
½ cup sesame seeds
2 TBS peanut oil
3 TBS apricot jam
2 TBS low-sodium tamari or low-sodium soy sauce
Sliced scallions for garnish

INSTRUCTIONS

—Sprinkle pork with salt and white pepper. Place sesame seeds in a shallow dish and dredge the pork in them, pressing to help them adhere.

—Heat oil in a large skillet over medium-high heat. Add the pork and cook, turning once, until browned and an instant-read thermometer inserted in the thickest part registers 145 degrees F, 6 to 8 minutes total.

—Meanwhile, combine jam and tamari (or soy sauce) in a small saucepan. Bring to a simmer over medium-high heat and cook until darkened and slightly thickened, 2 to 3 minutes. Serve the pork with the sauce, garnished with scallions, if desired.

SERVING INFO: (Serves 4)

3 oz. pork + 1 TB sauce = 1 P, 1FT

See photo of this recipe at [Instagram](#) and [Facebook](#)