



Grilled Pork Chops with Blueberry Barbecue Sauce

Ingredients (Makes 4 servings. Prep time: 30 minutes.)

4-6 pork loin chops, bone-in or boneless	1 cup blueberries
2 tablespoons vegetable oil	½ cup ketchup
½ cup shallots, minced	¼ cup rice wine vinegar or apple cider vinegar
2 tablespoons fresh garlic, minced	¼ cup brown sugar
1 tablespoon ground ginger	3 tablespoons water
1 teaspoon chipotle chili powder	3 tablespoons tamari
½ teaspoon ground cumin	1 tablespoon stone-ground mustard
½ teaspoon ground black pepper	
¼ teaspoon ground cinnamon	

Preparation

In a medium-sized skillet, heat 2 tablespoons of the oil and sauté the minced shallots and garlic over medium heat for 3 minutes. Add the spices and sauté 1 minute more. Remove the skillet from the heat and place mixture into a food processor. Add the ketchup, vinegar, brown sugar, mustard, tamari and water, and purée the mixture, then add the blueberries and purée until smooth. Set sauce aside.

Lightly brush the grill and the pork chops with a little oil; then season chops with salt and pepper. Grill the chops, covered, for about 6 minutes on each side or until they reach an internal temperature of 155 degrees F. Baste with the barbecue sauce during the final few minutes.

Remove the chops from the grill and let them rest, covered, for 5 minutes. Dress the chops with the barbecue sauce and serve with additional sauce on the side.

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Ingredient checklist

PRODUCE

- Shallots
- Garlic
- Blueberries

GROCERY

- Vegetable oil
- Ketchup
- Rice wine vinegar or apple cider vinegar
- Stone-ground mustard
- Tamari

MEAT/SEAFOOD

- Pork loin chops

BULK

- Brown sugar

SPICES/SEASONINGS

- Ground ginger
- Chipotle chili powder
- Ground cumin
- Ground cinnamon
- Black pepper

Serving suggestion

This slightly spicy, slightly sweet and very fragrant barbeque sauce is also a great partner with steak, pork, chicken, or duck. Serve with coleslaw with a citrus-based or creamy dressing, or maybe a mango and black bean salad. Fresh berries and cream are ideal for dessert!

Nutritional information per serving

131 calories	2 g. carbohydrate
9 g. fat	0 g. fiber
26 mg. cholesterol	9 g. protein
23 mg. sodium	