recaito pork chops with fried potatoes and onions

TOTAL TIME
35 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Recaito is a mild, cilantro-based Mexican seasoning sauce that also makes a perfect match with chicken or skirt steaks. For added spiciness, add a chopped serrano pepper to the finished sauce.

SHOPPING LIST

Dry Grocery
1 tsp Complete seasoning
1 (5-gram) packet Sazón with azafrán seasoning
1 tbsp brown sugar
3 tbsp extra-virgin olive oil
1 cup recaito seasoning sauce
1/2 cup white cooking wine

Meat
8 slices bacon
4 boneless pork chops (1 1/4 lb)

Produce
1 large Spanish onion
6 cloves fresh garlic
1 lime (for juice)
1 cup tomato trinity mix (fresh tomatoes, onions, bell peppers)
4 medium (1 3/4 lb) white potatoes

Suggested Items
Cuban bread
guava pastries
fresh salad blend
ripe plantains

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COOKING SEQUENCE

- Prepare potatoes through step 1 - 5 minutes
- Prepare pork chops through step 2; while browning, continue potatoes - 10 minutes
- Complete pork chops and potatoes; serve - 20 minutes

recaito pork chops

INGREDIENTS

4 boneless pork chops (about 1 1/4 lb)
1 teaspoon Complete seasoning
1 tablespoon extra-virgin olive oil
4 fresh garlic cloves
1 cup recaito seasoning sauce
1/2 cup white cooking wine
1 lime (for juice, rinsed)
1 cup tomato trinity mix (fresh tomatoes, onions, bell peppers)
1 tablespoon brown sugar

STEPS

1. Season both sides of pork chops with Complete seasoning (wash hands). 2. Preheat large sauté pan on medium-high 2–3 minutes. Place oil in pan; swirl to coat. Add pork chops (wash hands); cook 2–3 minutes on each side or until browned. Meanwhile, chop garlic finely. 3. Reduce heat to medium; stir in garlic, recaito, and wine. Squeeze juice of lime over pork chops; cook 5–7 minutes, turning once, or until internal temperature reaches 160°F (for medium). Use a meat thermometer to accurately ensure doneness. 4. Remove pork from pan; set aside. Place tomato trinity and brown sugar in pan; cook 2–3 minutes, stirring often, or until sugar dissolves and vegetables are softened. Return pork chops to pan, turning to coat with sauce. Serve sauce over pork chops.

CALORIES (per 1/4 recipe) 280kcal; FAT 12g; CHOL 80mg; SODIUM 920mg; CARB 10g; FIBER 1g; PROTEIN 31g; VIT A 4%; VIT C 25%; CALC 2%; IRON 8%

fried potatoes and onions

INGREDIENTS

1 large Spanish onion (rinsed)
4 medium white potatoes (about 1 3/4 lb, rinsed)
2 fresh garlic cloves
8 slices bacon
1 (5-gram) packet sazón with azafrán seasoning
2 tablespoons extra-virgin olive oil

STEPS

1. Remove ends and peel from onion; cut onion in half and slice thinly. Peel potatoes and slice thinly. Chop garlic finely. 2. Preheat large sauté pan on medium-high 2–3 minutes. Cut bacon into bite-size pieces (do this easily with kitchen shears); place in pan (wash hands). 3. Stir in all remaining ingredients (except oil). Cover and cook 10–15 minutes, stirring occasionally, or until potatoes are tender. Drizzle with olive oil; serve.

CALORIES (per 1/4 recipe) 450kcal; FAT 28g; CHOL 30mg; SODIUM 580mg; CARB 42g; FIBER 5g; PROTEIN 10g; VIT A 0%; VIT C 70%; CALC 4%; IRON 10%

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08/07-0043 H