**Brazilian Pork Chops**

Because they have more fat, bone-in pork chops tend to be more tender and flavorful than boneless chops — plus, they're actually less expensive.

Makes: 4 servings; Total time: 30 minutes

**INGREDIENTS:**

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| **FOR THE PORK CHOPS, MIX:** | |
| 1. 2 | Tbsp. olive oil2 Tbsp. |
| 1. 2 | Tbsp. minced fresh garlic2 Tbsp. |
| 1. 1 | Tbsp. chopped fresh thyme1 Tbsp. |
| 1. 1 | Tbsp. chopped fresh rosemary1 Tbsp. |
| 1. 1 | Tbsp. smoked paprika1 Tbsp. |
|  | Pinch of cayenne pepper |
|  | bone-in pork chops (6 oz. *each*)4 |
|  | Salt and black pepper |
| **FOR THE SALSA, COMBINE:** | |
| 1. 2 | cups diced fresh pineapple2 cups |
| 1. 1 | cup diced red bell pepper1 cup |
| 1. 1⁄4 | cup chopped scallions1⁄4 cup |
| 1. 2 | Tbsp. diced red onion2 Tbsp. |
| 1. 1⁄4 | cup pitted Kalamata olives, halved1⁄4 cup |
| 1. 1 | Tbsp. capers1 Tbsp. |
| 1. 1 | Tbsp. seeded and minced jalapeño1 Tbsp. |
| 1. 1 | Tbsp. minced fresh cilantro1 Tbsp. |

**DIRECTIONS:**

**Preheat** grill to medium-high. Brush grill grate with oil.

**For** **the pork chops, mix** together oil, garlic, thyme, rosemary, paprika, and cayenne. Season pork chops with salt and black pepper, then rub each side with garlic mixture.

**For** **the salsa, combine** pineapple, bell pepper, scallions, onion, olives, capers, jalapeño, and cilantro; season with salt.

**Grill** pork chops, covered, until edges begin to brown, about 4 minutes. Flip chops and grill until an instant-read thermometer inserted near (but not touching) the bone registers 145°. Remove chops from grill and let rest 3–5 minutes. Serve chops with salsa and rice.

**Nutrition Information**  
Per serving: 313 cal; 10g total fat (3g sat); 95mg chol; 258mg sodium; 17g carb; 3g fiber; 39g protein