

## **PORK CHOPS MOLE**

**SOURCE: Cooking Light, DECEMBER 2000**

Mole is a traditional Mexican sauce made with a blend of chiles, onion, and garlic. Its most characteristic ingredient, chocolate, contributes richness without adding sweetness.

### **INGREDIENTS:**

Cooking spray  
4 (4-oz) boned pork loin chops (about 1/2" thick)  
1/4 C water  
1 C chopped onion  
1/2 C yellow bell pepper strips  
1/2 C red bell pepper strips  
1 TBS minced seeded jalapeño pepper  
1 (14.5-oz) can diced tomatoes with garlic and onion, un-drained  
1/2 oz semisweet chocolate, grated  
1 tsp chili powder  
1 tsp dried oregano  
1/2 tsp salt  
1/4 tsp cumin seeds  
1/2 C minced fresh cilantro

### **DIRECTIONS:**

Heat a large nonstick skillet coated with cooking spray over medium-high heat - cook chops 4 minutes on each side or till browned - remove from pan - add water to pan, scraping to loosen browned bits - pour mixture over chops - cover/set aside.

Reheat pan coated with cooking spray over medium-high heat - add onion, bell peppers + jalapeño pepper - cook 4 minutes or till tender - stir in tomatoes - cook 1 minute - add chocolate + next 4 ingredients (chocolate through cumin seeds) - add pork chops - bring to boil - cover - reduce heat to medium-low - cook 5 minutes, stirring occasionally - sprinkle with cilantro.

Yield: 4 servings (serving size: 1 pork chop + 2/3 C sauce)

**NUTRITION PER SERVING: CALORIES 256 (38% from fat); FAT 10.8g (sat 3.7g, mono 4.4g, poly 1.7g); PROTEIN 27.2g; CARB 12.8g; FIBER 2.6g; CHOL 71mg; IRON 2.9mg; SODIUM 549mg; CALC 64mg**