
Grilled Pork Chops with Three Melon Salsa

Total time: 45 min Yield: 6 Servings

Ingredients

6 (4 to 6 oz.) boneless center-cut pork chops (trimmed off extra fat)
1 1/2 tsp chili powder
1 1/2 tsp ground cumin
1 tsp garlic powder
1/4 tsp pepper
1/8 tsp salt
1/2 cup seedless watermelon (small diced)
1/2 cup honeydew melon (small diced)
1/2 cup cantaloupe (small diced)
1 tsp fresh ginger (peeled and grated)
3 Tbsp red onion (finely chopped)
1 Tbsp jalapeno pepper (deseeded and finely chopped)
2 Tbsp fresh cilantro (chopped)
1 Tbsp fresh lime juice
1 tsp honey
cooking spray

Prep Time: 45 min Total Time: 45 min

Instructions

To prepare pork chops, combine the chili powder, cumin, garlic powder, pepper and 1/2 tsp. of salt in a small bowl. Rub seasoning over both sides of each pork chop and let marinate while preparing the salsa. To prepare salsa, combine the watermelon, honeydew, cantaloupe, ginger, onion, jalapeno, cilantro, lime juice, honey and 1/8 tsp. salt and set aside. Preheat the grill over medium-high heat. Spray the grill with cooking spray. Add pork to the grill and cook 4 to 5 minutes on each side or until desired degree of doneness. Serve the salsa over pork chops. Enjoy with your favorite starch and vegetables.

Recipe brought to you by:

Chef Ryan Covert

Source:

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