
Tex-Mex Grilled Pork Chops with Three-Melon Salsa

Total time: 45 min Yield: 6 Servings

Ingredients

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

Prep Time: 30 min Cooking Time: 15 min Total Time: 45 min

Instructions

To prepare the pork chops, combine the chili powder, cumin, garlic powder, ½ tsp. salt and pepper in a small bowl. Rub the seasoning mixture over both sides of each of pork chops and let marinate for 15 to 20 minutes while preparing the salsa.

To prepare the salsa, combine the watermelon, honeydew, cantaloupe, ginger, red onion, jalapeno pepper, cilantro, lime juice, honey and salt to taste then set aside.

Preheat grill grate or grill pan over medium-high heat. Spray cooking surface with non-stick cooking spray. Add the pork chops to grill or grill pan and cook 4 to 5 minutes on each side or until desired degree of doneness. Serve the salsa over pork chops. Enjoy with favorite side dishes.

Recipe brought to you by:

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