



Add quick-cooking rice pilaf and green beans for a complete meal.

## peach-glazed pork chops

*Dream Dinners*

**MAKES:** 6 servings. **PREP:** 10 minutes.

**THAW:** 2 days in the refrigerator. **COOK:** 12 minutes.

### FOR MORE INFORMATION

- [supersuppers.com](http://supersuppers.com)
- [dreamdinners.com](http://dreamdinners.com)
- [easymealprep.com](http://easymealprep.com)

- 1 bag (16 ounces) frozen peaches (about 3 cups)
- 1/3 cup packed light-brown sugar
- 1/3 cup apple cider vinegar
- 1 tablespoon olive oil
- 2 teaspoons dried onion flakes
- 2 teaspoons Dijon mustard
- 1/2 teaspoon chicken bouillon (1 cube, crushed)
- 1/2 teaspoon dried rosemary, crumbled
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 6 boneless pork loin chops (about 5 ounces each)
- 2 teaspoons olive oil
- 2 teaspoons cornstarch

**1. To assemble and freeze:** Place a large resealable plastic bag into a large glass measuring cup and fold down the edges. Add peaches, sugar, vinegar, oil, onion flakes, mustard, bouillon, rosemary, 1/2 teaspoon of the salt and 1/8 teaspoon of the pepper. Squeeze out air and seal tightly. Shake bag to mix ingredients.

- 2.** Place pork chops into a second resealable food storage bag and seal. Place the 2 bags into a third bag; seal, label and freeze for up to 2 months.
- 3. To cook:** Thaw in refrigerator 2 days.
- 4.** Season pork chops with remaining 1/4 teaspoon salt and 1/8 teaspoon black pepper. Heat oil in a large nonstick skillet over medium-high heat. Sauté the pork chops 4 minutes per side.
- 5.** Remove 1/4 cup of the liquid from the peach freezer bag and mix with cornstarch. Set aside.
- 6.** Add the contents of the peach freezer bag to the skillet and bring to a boil. Reduce heat to medium-low and simmer for 3 minutes. Stir reserved cornstarch mixture into the skillet; simmer 1 minute.
- 7.** Serve chops with the sauce, wild and white rice pilaf and steamed green beans

**Note:** If you do not wish to freeze, assemble and proceed to step 4.

**PER SERVING:** 379 calories; 14 g fat (4 g sat.); 30 g protein; 33 g carbohydrate; 2 g fiber; 433 mg sodium; 87 mg cholesterol.