



Blackberry BBQ Pork Chops with Collards & Corn

Ingredients *Serves 4*

- 1 tablespoon grapeseed or canola oil plus 2 teaspoons, divided
- 2 slices bacon, chopped
- 1 pound prechopped collard greens or kale (about 14 cups), tough stems removed
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 medium ears corn, husked and cut in half
- 1 tablespoon honey
- 2 teaspoons ketchup
- 1 teaspoon garlic powder
- 1 teaspoon cider vinegar
- 1 teaspoon finely grated fresh ginger
- ⅔ cup fresh blackberries
- 4 boneless pork loin chops, 1-1½ inches thick (1-1¼ pounds)

Preparation *Total Time: 30 minutes*

STEP 1: Position rack in upper third of oven; preheat broiler to high.

STEP 2: Heat 1 tablespoon oil and bacon in a large pot over medium-high heat; cook, stirring often, until the bacon starts to brown, 1 to 2 minutes. Reduce heat to medium. Stir in collard greens (or kale) and ¼ teaspoon each salt and pepper. Cover and cook for 5 minutes. Stir the greens and place corn on top of them. Cover and cook until the corn is tender-crisp, about 5 minutes more. Set aside, covered.

STEP 3: Meanwhile, combine honey, ketchup, garlic powder, vinegar, and ginger in a small bowl. Add blackberries and coarsely mash, stirring to combine.

STEP 4: Heat the remaining 2 teaspoons oil in a medium skillet over medium-high heat until hot but not smoking. Season pork chops with the remaining ¼ teaspoon each salt and pepper. Cook until browned on the bottom, 2 to 3 minutes. Turn the chops and top with the sauce.

STEP 5: Transfer the pan to the oven. Broil until an instant-read thermometer inserted in the center of a chop registers 145°F, 6 to 8 minutes. Serve the pork with the greens and corn.

Nutrition *Per Serving*

408 Calories, Total Fat: 19 g, Saturated Fat: 5 g, Cholesterol: 66 mg, Carbohydrates: 34 g, Fiber: 8 g, Total Sugars: 13 g, Added Sugars: 5 g, Protein: 31 g, Sodium: 517 mg, Potassium: 887 mg, Folate: 196 mcg

Calcium: 313 mg