

# Pineapple Marinated Pork Chops

- 6 lean, boneless pork chops, trimmed of fat (2 pounds)
- 1 20-ounce can of pineapple chunks (in juice)
- ¼ cup brown sugar
- 1 Tbsp. soy sauce

1. Put pork chops in crock pot.
2. Mix pineapple chunks with juice, brown sugar, and soy sauce together in a separate bowl until mixed well. Pour over pork chops so well covered.
3. Cook in low heat for 8 hours.

**Makes 6 servings with:**

330 calories, 45 grams protein, 15 grams carbohydrate, and 10 grams fat.

Eat with a big salad with fresh vegetables, whole grain bread, and yogurt/strawberries for dessert.