

# HARISSA PORK CHOP

## INGREDIENTS

**4 boneless center cut pork chops (14 oz)**

### Harissa\*

½ tablespoon ground coriander

½ teaspoon ground caraway

½ teaspoon ground cumin

½ teaspoon chili flakes

¼ cup olive oil

1 clove garlic

¼ cup roasted red peppers

½ tablespoon honey

### Side Dish

2 cups potatoes, peeled and sliced

1 cup green beans, trimmed

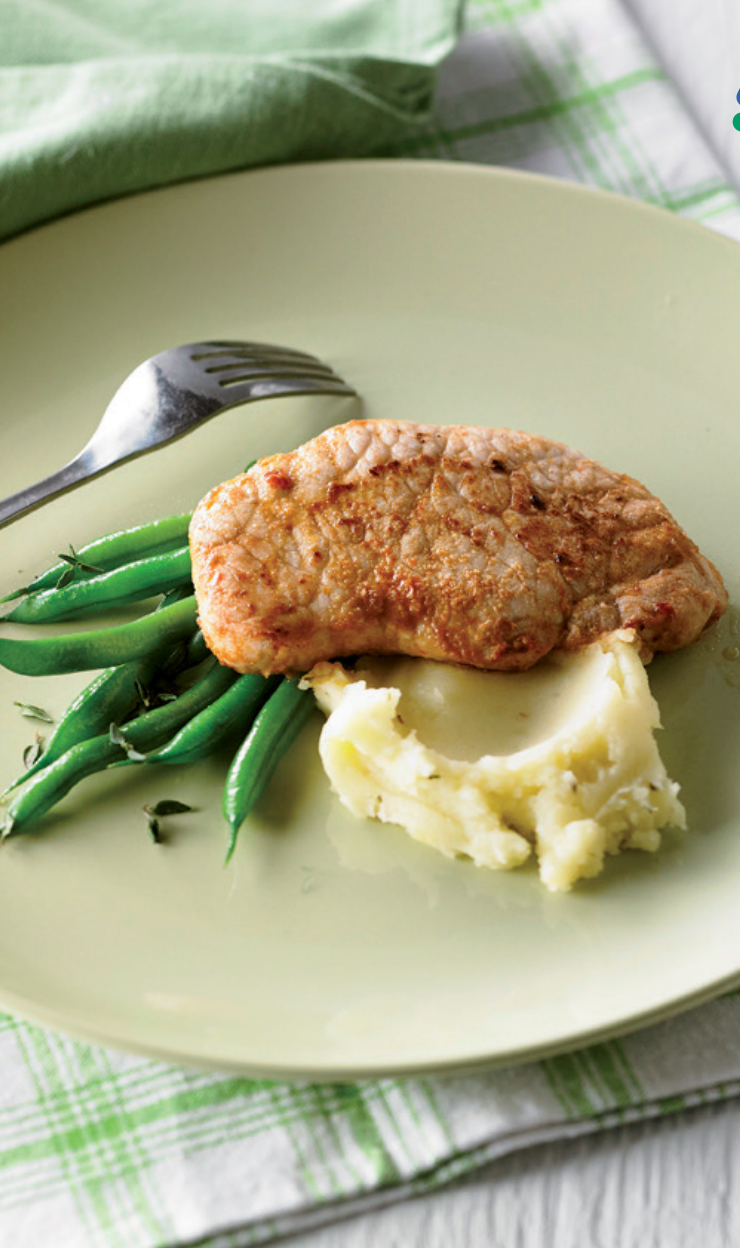
1 tablespoon butter

1 tablespoon dried thyme

\* Harissa is a chili paste popular in North African and Middle Eastern cooking. The paste enhances soups and stews and can be used to marinate fish and meat.

## PREPARATION

- 1** To prepare the Harissa marinade, place all the ingredients in a food processor or blender and mix them.
- 2** In a bowl, massage the pork chops with the marinade. Cover and marinate the pork in the refrigerator for a minimum of one hour and up to 24 hours.
- 3** To make the **double-boiled** mashed potatoes:
  - a. Put potatoes in a saucepan and add water to cover them.
  - b. Bring them to a boil. Remove saucepan from stove and pour the water off.
  - c. Add fresh water to cover potatoes. Bring to a boil a second time and simmer until potatoes are tender.
  - d. Drain the potatoes and discard the water.
  - e. Season with your favorite seasoning (such as garlic or onion powder, black pepper).
- 4** Boil or steam green beans. Toss them in butter and dried thyme.
- 5** In a frying pan, over medium-high heat, fry the pork chops for approximately 4 minutes per side. The internal temperature should read 160°F.
- 6** Serve the pork chops with the double-boiled mashed potatoes and green beans.



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## Nutrient Analysis

### PER SERVING

¼ of recipe

#### Renal/Diabetic Exchanges:

3 Meat + 1 Lower-Potassium Starchy Vegetable + ½ Lower-Potassium Vegetable + 3 Fat

|                    |       |
|--------------------|-------|
| Calories           | 441   |
| Protein            | 24g   |
| Total Carbohydrate | 22g   |
| Fiber              | 3g    |
| Sugars             | 4g    |
| Fat                | 30g   |
| Saturated          | 8g    |
| Cholesterol        | 67mg  |
| Sodium             | 113mg |
| Potassium          | 590mg |
| Phosphorus         | 259mg |
| Calcium            | 57mg  |
| Iron               | 3mg   |
| Magnesium          | 56mg  |
| Vitamin C          | 18mg  |

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

### Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

### How to enjoy potatoes

Potatoes are considered one of the richest sources of potassium in our diet, especially when baked and eaten with the skin on. Fortunately, you can remove enough potassium to enjoy a ½ cup portion every day if this happens to be one of your favorite foods.

To remove potassium from the potato you must first peel it because potato skins are very high in potassium. Then thinly slice or shred the potato and boil it in a pot of water for at least 10 minutes or until it's tender. Finish by preparing the boiled potato as you like it. Boiling removes potassium from the potato to the water, so be sure to drain and wash the pot when you're done.

Prepare the boiled potatoes as you like them. In the past, it was recommended that potatoes should be soaked in water before boiling them to remove unwanted potassium. Newer research shows that soaking is not effective, so it's no longer necessary to take this extra step.

Reference: Changes in Potassium Content of Different Potato Varieties after Cooking. Journal of Renal Nutrition 18(6):530-534, 2008.

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