

Pork Chops with Red Onion Balsamic Sauce

Submitted by Krista Escobedo

I use Braswells brand pear preserves, but I've also substituted apricot preserves.

4 (1-inch) bone-in pork chops	1/2 C pear preserves
1 tsp salt	1 T balsamic vinegar
1/2 tsp black pepper	2 tsp tomato paste
2 tsp canola oil	1 tsp chopped fresh rosemary
1 C chopped red onion	

Preheat oven to 350. Sprinkle pork chops with salt and pepper. In large non-stick skillet, heat oil over medium heat. Add pork to pan; cook turning occasionally for 6 minutes or until browned. Place pork in 13 x 9 baking dish, reserve drippings in pan. Cover and bake for 10 minutes or until almost done. Add onion to skillet, stirring occasionally, for 5 minutes or until onion begins to soften. Stir in preserves, vinegar, tomato paste and rosemary, scraping browned bits from bottom on pan with a wooden spoon. Uncover pork chops, drain liquid, reserving 2 T liquid in dish. Stir in onion mixture. Cover and bake 5 minutes longer, or until pork is tender.

Hawaiian Pulled Chicken Sandwiches

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3 lbs boneless chicken breasts or thighs, or combination	1 18-20-oz. bottle BBQ sauce (Sweet Baby Ray's or Open Pit (spicy))
1 large onion, sliced in chunks	Kaiser rolls/Hamburger buns
1 20-oz. can pineapple (nibblits or crushed), drained and reserve juice	

Note: For sweeter BBQ, add 1/2 c. pineapple juice with BBQ sauce to slow cooker)

Place chicken in slow cooker. Top with onions and pineapple. Pour BBQ sauce over everything. Cook on LOW for 8-10 hours or HIGH for 4-6 hours. An hour before cooking time is complete, remove chicken and using 2 forks, pull into shreds. Put chicken back in slow cooker and stir well. Cook another hour to allow chicken to absorb sauce. Serve on buns and top with coleslaw, if desired.