

## Pork Chop Marinade

1 chopped onion  
1/3 cup canola or olive oil  
1/4 cup pineapple juice  
1/8 tsp garlic powder or 1 garlic clove crushed  
1/2 cup soy sauce  
(for less sodium, use a low-sodium soy sauce)  
2 Tablespoons brown sugar

Combine all ingredients, (if you wish to save some marinade for a sauce after cooking, reserve some now before marinating raw meat).

Marinate 2-4 pork chops overnight (or 8-12 hours for best results) in a zip-top bag. Place zip-top bag in a large bowl and place on bottom shelf of refrigerator. Cook pork chops in oven, on grill, or stove-top until they reach an internal temperature of 160' F, discard leftover marinade from bag.

Enjoy with your favorite Summer side dishes - baked beans, coleslaw, salads, grilled vegetables, potato salad, pasta salads, etc...