

#### Serves 4

1 pound pork tenderloin  
2½ tablespoons balsamic  
vinegar, divided  
1 teaspoon dried rosemary  
½ teaspoon garlic salt  
Black pepper to taste  
2 tablespoons olive oil  
2 cloves garlic, crushed

#### Serves 4 to 6

4 boneless pork chops  
Easy Teriyaki Marinade (page  
27)  
2 tablespoons vegetable or  
peanut oil  
1 tablespoon minced ginger  
2 tablespoons Chinese or  
Japanese rice wine  
3 green onions, chopped on  
the diagonal into 1-inch  
sections

### Easy Herbed French Pork Chops

Serve with *Stir-Fried Cauliflower* (page 260) or *Double Nutty Fiddlehead Greens with Sesame* (page 257) for a complete meal.



1. Cut the pork into bite-sized cubes. Place the pork cubes in a bowl and add 1½ tablespoons balsamic vinegar, dried rosemary, garlic salt, and the black pepper. Marinate the pork for 15 minutes.
2. Heat a wok or skillet over medium-high heat and add the oil. When the oil is hot, add the crushed garlic. Stir-fry for 10 seconds, then add the pork. Let brown for a minute, then stir-fry the pork, moving it around the pan for 6 to 8 minutes, until it is thoroughly cooked through. Splash the pork chops with 1 tablespoon balsamic vinegar during stir-frying. Serve hot.

### Easy Teriyaki Marinated Pork Chops

Teriyaki marinade works well in pork dishes. To increase the flavor, marinate the pork for 30 minutes.



1. Cut the pork chops into cubes. Place the pork in a bowl and add the marinade. Marinate the pork for 15 minutes.
2. Heat a wok or skillet over medium-high heat and add the oil. When the oil is hot, add the minced ginger. Stir-fry until it is aromatic, then add the pork. Let brown for a minute, then stir-fry the pork until it is no longer pink and is nearly cooked. Splash the pork with the rice wine and stir in the green onions. Continue stir-frying for another minute or until the pork is cooked through.