

Very Berry Pork Chops - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

4 pork chops, 3/4-inch thick

2 teaspoons vegetable oil

1/4 cup strawberry preserves

1 tablespoon mustard

1/4 cup cider vinegar

Cooking Directions:

Heat oil in large skillet over medium-high heat. Add pork chops, cook and turn until brown on both sides. Reduce heat to low. In small bowl, stir together strawberry preserves, mustard and vinegar. Pour sauce over pork chops. Cover pan. Cook pork chops for 10 minutes, or until the sauce has thickened and until internal temperature on a thermometer reads 160 degrees F. To serve, spoon glaze over each chop.

Serves 4.

Nutrition:

Calories: 223 calories

Protein: 26 grams



Fat: 9 grams

Sodium: 110 milligrams

Cholesterol: 65 milligrams

Saturated Fat: 1 grams

Carbohydrates: 14 grams

