

Pepper Pork Chops - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

4 boneless pork chops, 3/4- inch thick

2 teaspoons olive oil

2 medium red bell peppers, and/or yellow bell peppers, cut into julienne strips

1/2 cup chicken broth

3 tablespoons balsamic vinegar

1 tablespoon cornstarch

1/4 teaspoon salt

1/4 teaspoon pepper

2 tablespoons parsley, chopped

Cooking Directions:

In a large skillet heat olive oil over medium-high heat. Brown chops 2-3 minutes on each side in hot oil; remove chops. Add peppers to skillet; cook and stir until crisp-tender. Return chops to skillet. Cover tightly; cook over low heat for 5-6 minutes or until internal temperature on a thermometer reads 160 degrees F. Remove chops to a serving platter; keep warm. Push peppers from the center of the skillet. In a small bowl combine chicken broth, vinegar, cornstarch, salt and pepper. Add to the skillet; cook over medium heat, stirring constantly, until sauce thickens. Stir in parsley. Stir peppers into sauce to coat. Serve the pepper sauce with



chops.

Serves 4

Nutrition:

Calories: 208 calories

Protein: 23 grams

Fat: 9 grams

Sodium: 307 milligrams

Cholesterol: 55 milligrams

Saturated Fat: 3 grams

Carbohydrates: 8 grams

Fiber: 1 grams

