

Champagne Chops - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

8 boneless pork center loin chops, about 1/2-inch thick

2 tablespoons flour

1/2 teaspoon salt

Dash white pepper

1 teaspoon butter, melted

1 teaspoon olive oil

3/4 cup champagne, OR dry white wine

1/4 cup fresh mushrooms, sliced

1/2 cup heavy cream



Cooking Directions:

Combine flour, salt and pepper. Lightly dredge chops in flour mixture. Heat oil and butter over medium-high heat in nonstick skillet; add chops and brown about 2 minutes on each side. Lower heat to medium-low and add champagne; cook about 4-5 minutes. Remove chops, set aside and keep warm. Add mushrooms and cream to skillet; cook over low heat, stirring constantly, just until thickened. Return chops to pan, cook just to reheat and serve immediately.

Serves 4

Nutrition:

Calories: 440 calories

Protein: 46 grams

Fat: 22 grams

Sodium: 660 milligrams



Cholesterol: 175 milligrams

Saturated Fat: 11 grams

Carbohydrates: 5 grams

Fiber: 0 grams

