

## **Pork**

---

# **Baked Barbecue Pork Chops**

Bonnie Schiltz

Taste of Home Light & Tasty - April/May 2007

**Servings: 4**

**Preparation Time: 20 minutes**

**Bake Time: 15 minutes**

**4 4-ounce boneless pork loin chops, 3/4-inch thick**

**1/2 teaspoon salt, divided**

**1/4 teaspoon pepper**

**2 teaspoons canola oil**

**1/3 cup water**

**1/4 cup ketchup**

**2 tablespoons cider vinegar**

**1/4 teaspoon celery seed**

**1/8 teaspoon ground nutmeg**

**1 bay leaf**

Sprinkle the pork chops with 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

In a large nonstick skillet coated with cooking spray, cook the chops in oil for 3 to 4 minutes on each side or until browned.

Transfer to an 8-inch square baking dish coated with nonstick cooking spray.

In a small saucepan, combine the water, ketchup, vinegar, celery seed, nutmeg, bay leaf and the remaining salt. Bring to a boil. Pour over the pork.

Cover and bake for 15 to 20 minutes or until a meat thermometer reads 160 degrees. Discard the bay leaf.

---

Per Serving (excluding unknown items): 38 Calories; 2g Fat (51.8% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 445mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.