

Balsamic Cherry Pork Chops

Palm Beach Post

Servings: 4

2 tablespoons olive oil
2 teaspoons olive oil (additional)
1/4 cup onion, finely chopped
2 cloves garlic, finely chopped
1/4 cup balsamic vinegar
3 cups frozen cherries, chopped
1/4 cup chicken stock
3 tablespoons cold butter, cut into cubes
1/2 teaspoon salt (plus extra to taste)
1/2 teaspoon freshly ground black pepper (plus extra to taste)
4 6-ounce bone-in pork chops

Heat two tablespoons of olive oil in a large skillet over medium heat.

Add the onion and garlic. Cook, stirring, for 2 minutes.

Stir in the vinegar. Cook for 30 seconds.

Add the cherries and stock. Cook over high heat until the liquid is thick and slightly syrupy, 5 to 7 minutes.

Whisk in the butter, 1/2 teaspoon of salt and 1/2 teaspoon of pepper.

Transfer half of the glaze to a separate bowl.

Coat the pork chops with the remaining olive oil and season with salt and pepper to taste.

Brush the chops with cherry glaze.

Preheat the grill to HIGH and oil the grate.

Grill the chops for 5 minutes per side or until cooked through.

Let the chops stand for 5 minutes.

Top with the remaining cherry glaze.

Per Serving (excluding unknown items): 318 Calories; 16g Fat (42.1% calories from fat); 3g Protein; 46g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 225mg Sodium. Exchanges: 0 Vegetable; 3 Fruit; 3 Fat.