

## **Pork**

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# **Flavorful Pork Chops**

Patti Leonard

Taste of Home Simple & Delicious - August 2011

**Servings: 4**

**Start to Finish Time: 30 minutes**

**4 8-ounce bone-in pork loin chops**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**1 tablespoon olive oil**

**1/4 cup onion, sliced**

**2 cloves garlic, minced**

**1/2 cup Worcestershire sauce**

**3 tablespoons honey**

**1 tablespoon Dijon mustard**

Sprinkle the pork chops with salt and pepper.

In a large skillet, brown the chops in oil. Remove and keep warm.

In the same skillet, saute' the onion until tender.

Add the garlic. Cook for 1 minute longer.

Add the Worcestershire sauce, honey and mustard to the skillet, stirring to loosen brown bits from the pan. Bring to a boil.

Return the chops to the pan.

Reduce heat and simmer, covered, for 15 to 20 minutes or until tender.

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Per Serving (excluding unknown items): 111 Calories; 4g Fat (27.4% calories from fat); 1g Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 609mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 1 Other Carbohydrates.