

Grilled, Pork

Garlicky Grilled Pork Chops

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

Grill Time: 10 minutes

3 cloves garlic, minced

3/4 teaspoon salt

4 tablespoons olive oil

1 teaspoon dried rosemary

1 teaspoon dried sage

1/4 teaspoon pepper

4 pork loin chops

Preheat the grill.

In a bowl, combine the garlic, salt, oil, rosemary, sage and pepper. Spread on the chops.

Grill the chops over medium heat with the lid closed for 10 minutes or until done, turning once. They should be slightly pink in the center.

Serve the chops with sliced tomatoes and garnished with sprigs of your favorite herb.

Per Serving (excluding unknown items): 253 Calories; 19g Fat (67.5% calories from fat); 19g Protein; 1g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 439mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.