

Pork

Glazed Pork Chops & Grapes

Family Circle Magazine - September 2011

Servings: 4

Preparation Time: 15 minutes

Cook time: 12 minutes

4 8-ounce bone-in center-cut pork chops

1/2 cup reduced-fat bottled balsamic vinaigrette dressing

1 tablespoon vegetable oil

1/8 teaspoon salt

1/8 teaspoon black pepper

1/2 cup reduced-sodium chicken broth

2 cups red seedless grapes, halved

1 package (5.6 oz) couscous mix with pine nuts, prepared according to package directions

Marinate the pork chops in 1/4 cup of the dressing in a resealable plastic bag in the refrigerator for at least 1 hour.

In a large nonstick skillet, heat the oil over medium-high heat.

Remove the chops from the marinade and season with salt and pepper.

Cook the chops for 2 minutes per side and remove to a plate.

Add the chicken broth, grapes and the remaining 1/4 cup of dressing to the skillet.

Simmer gently for 3 minutes.

Add the chops and simmer for an additional 5 minutes, until the internal temperature registers 145 degrees.

Serve the chops over cooked couscous.

Spoon the grapes and sauce from the skillet over the chops.

Per Serving (excluding unknown items): 30 Calories; 3g Fat (99.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.