

Pork

Glazed Pork Chops

Servings: 4

Preparation Time: 30 minutes

4 bone-in pork loin chops (3/4 inch thick)

1/3 cup + 1 tablespoon cider vinegar, divided

3 tablespoons soy sauce

3 cloves garlic, minced

1 1/2 teaspoons cornstarch

In a nonstick skillet over medium heat, brown pork chops on both sides.

In a bowl, combine 1/3 cup vinegar, soy sauce and garlic; pour over the chops.

Cover and simmer for 8-10 minutes or until the meat is no longer pink.

In a bowl, combine the cornstarch and remaining vinegar until smooth; stir into the skillet.

Bring to a boil; cook and stir for one minute or until thickened.

Per Serving (excluding unknown items): 17 Calories; trace Fat (0.9% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 772mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Other Carbohydrates.