

Grilled Marinated Pork Chops

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Servings: 4

Preparation Time: 15 minutes

Grill Time: 10 minutes

1/4 cup tomato juice
1/4 cup onion, chopped
1/4 cup fresh parsley, minced
2 tablespoons white wine vinegar
2 tablespoons lemon juice
2 tablespoons canola oil
1 tablespoon Worcestershire sauce
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon dried basil
1 teaspoon dried marjoram
1 teaspoon dried thyme
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce
4 4-ounce boneless pork loin chops, 3/4-inch thick

in a small bowl, combine the tomato juice, onion, parsley, vinegar, lemon juice, oil, Worcestershire, garlic, salt, basil, marjoram, thyme, rosemary, pepper and hot pepper sauce. Pour 1/2 cup of the marinade into a large resealable freezer bag.

Add the pork chops. Seal the bag and turn to coat. Refrigerate for eight hours or overnight.

Cover and refrigerate the remaining marinade for basting.

If grilling the pork, cover the grill rack with nonstick cooking spray before starting the grill.

Drain and discard the marinade.

If grilling, grill the pork, covered, over medium heat for 4 to 6 minutes on each side or until a meat thermometer reads 160 degrees, basting frequently with the reserved marinade.,

If broiling, broil the pork four inches from the broiler element for 4 to 6 minutes on each side or until a meat thermometer reads 160 degrees, basting frequently with the reserved marinade.,

Per Serving (excluding unknown items): 80 Calories; 7g Fat (74.0% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 636mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.