

Grilled Pork Chops with Basil-Garlic Rub

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Servings: 4

Preparation Time: 30 minutes

Grill Time: 12 minutes

4 bone-in pork rib chops

2 cloves garlic, peeled

1 cup fresh basil leaves, packed

2 tablespoons fresh lemon juice

2 tablespoons extra-virgin olive oil

1 teaspoon coarse salt

1/2 teaspoon freshly ground black pepper

With the machine running, drop the garlic through the feed tube of a food processor to mince.

Stop the processor. Add the fresh basil and process until chopped.

Add the lemon juice, oil, salt and pepper. Process to make a thin, wet rub.

Spread both sides of the pork chops with the basil mixture.

Let stand 15 to 30 minutes.

Prepare a medium-hot fire in the grill.

Brush the grate clean and oil the grate.

Grill the chops over direct heat, turning once, to medium-rare doneness, 5 to 6 minutes per side, or until an internal temperature reaches 146 degrees.

Let rest for 3 minutes before serving.

Per Serving (excluding unknown items): 66 Calories; 7g Fat (89.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 471mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat.