

Pork

Herbed Pork Chops

Publix Aprons

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

Cook time: 15 minutes

2 tablespoons oil, divided

1 1/2 tablespoons garlic, finely chopped

1 teaspoon sage

1 teaspoon sea salt

1 teaspoon thyme leaves

4 bone-in center-cut pork chops, 3/4" thick

3 medium carrots, peeled and thinly sliced

1 large (1 1/2 cups) yellow onion, coarsely chopped

1/2 cup chicken broth

1/2 cup wine vinegar

1 tablespoon brown sugar

Heat one tablespoon of the oil in a large skillet on medium heat. Add garlic, stirring constantly. Cook about 15 minutes or until garlic is golden brown and dry in texture. Remove from skillet; set aside.

Mix sage, sea salt and thyme in a small bowl. Rub on both sides of pork chops.

Heat remaining one tablespoon of oil in same skillet on medium-high heat. Add pork chops; cook 8 minutes or until desired doneness, turning once. Remove from skillet; keep warm.

Cook and stir carrots and onions in same skillet for 10 minutes or until tender-crisp. Stir in broth, vinegar, sugar and caramelized garlic. Bring to a boil. Reduce heat to low; simmer 10 minutes or until carrots are tender and liquid is reduced by half.

Serve the pork chops with vegetables and sauce.

Per Serving (excluding unknown items): 117 Calories; 7g Fat (52.1% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 587mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.