

Pork

Orange-Dijon Pork Chops

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Servings: 4

Preparation Time: 10 minutes

Cook time: 7 minutes

1/2 cup orange marmalade

2 tablespoons reduced-sodium soy sauce

2 teaspoons Dijon mustard

1 tablespoon vegetable oil

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

1/8 teaspoon salt

1/8 teaspoon black pepper

1/4 cup toasted hazelnuts

2 cups cooked brown rice

tossed salad (optional)

In a small bowl, stir together the marmalade, soy sauce and mustard until combined. Set aside.

Heat oil in a large nonstick skillet over medium-high heat.

Season the chops with salt and pepper.

Saute' for three minutes. Turn and saute' for 2 more minutes.

Spoon the marmalade mixture over the top of the chops.

Cook, covered, an additional 2 minutes or until the internal temperature registers 145 degrees.

Sprinkle the hazelnuts over the pork chops and serve with cooked brown rice and a tossed salad, if desired.

Per Serving (excluding unknown items): 245 Calories; 4g Fat (15.4% calories from fat); 3g Protein; 50g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 419mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 2 Other Carbohydrates.