

## **Pan-Seared Pork Chops**

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**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 10 minutes**

**1 tablespoon vegetable oil**

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

**1/8 teaspoon salt**

**1/8 teaspoon black pepper**

**2 tablespoons cornstarch**

**1 can (14 1/2 oz) reduced-sodium chicken broth**

**2 tablespoons capers**

**2 tablespoons lemon juice**

**1/4 cup fresh parsley, chopped**

**1/2 pound whole-wheat spaghetti, cooked according to package directions**

**1 large head broccoli, cut into florets and steamed**

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

Season the chops with salt and pepper.

Saute' the chops for 3 minutes per side. Remove to a plate.

In a bowl, stir the cornstarch into the broth.

Add to the skillet and simmer for 1 minute until thickened.

Add in the capers, lemon juice and pork chops.

Cover and simmer for 3 minutes or until the internal temperature registers 145 degrees.

Stir in the parsley.

Serve the chops with the cooked spaghetti and steamed broccoli.

Spoon the sauce over the spaghetti.

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Per Serving (excluding unknown items): 289 Calories; 5g Fat (13.6% calories from fat); 13g Protein; 55g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 151mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.