

Pork

Pork Chops with Grapes

Integrated Marketing Services, Apopka, FL

Servings: 6

Preparation Time: 15 minutes

Cook time: 20 minutes

6 (6 ounce) pork chops, 3/4-inch thick

salt (to taste)

pepper (to taste)

smoked paprika

1 tablespoon butter

1 tablespoon vegetable oil

1 cup dry white wine OR chicken broth

8 ounces (about 1 1/2 cups) green seedless grapes

Trim the chops, making a few short, vertical cuts at the edges so they lie flat.

Season to taste with salt and pepper.

Sprinkle both sides with smoked paprika to taste.

Heat the butter and oil in a large skillet over medium heat.

Add the chops (Do not crowd). Cook to brown the chops on both sides.

Add the wine to the skillet. Reduce the heat to low.

Simmer, covered, for 10 minutes or until an instant-read thermometer registers 145 degrees.

Transfer the chops to a warm platter. Keep warm

Add the grapes to the skillet. Cook and stir about 3 minutes.

Pour the grapes and sauce over the chops. Serve.

Per Serving (excluding unknown items): 300 Calories; 21g Fat (64.2% calories from fat); 26g Protein; trace Carbohydrate; 0g Dietary Fiber; 89mg Cholesterol; 86mg Sodium. Exchanges: 4 Lean Meat; 2 Fat.