

Pork Chops with Sweet Mustard Sauce

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Boneless pork chops are sautéed until tender and then ladled with a creamy mustard mixture that's full of peach jam and red onion. For contrast, colorful pickled red onions are layered on top.

Active Time: 15 minutes

Total Time: 15 minutes

Recipe Ingredients

- 1/4 cup cider vinegar
- 1/4 medium red onion, thinly sliced, plus 1/3 cup finely chopped
- 1 Tbsp olive oil
- 4 boneless pork chops (about 5 oz each), trimmed of excess fat
- 1 tsp salt
- 1/4 tsp pepper
- 1/3 cup reduced-fat sour cream
- 1/4 cup Dijon mustard
- 2 1/2 Tbsp peach or apricot jam

Recipe Preparation

1. Pour vinegar over onion slices in a shallow dish. Marinate at least 10 minutes or until ready to serve. 2. Meanwhile heat oil in a large nonstick skillet over medium-high heat. Season pork with salt and pepper on both sides. Add to skillet and cook, turning once, 7 to 8 minutes until browned and cooked through. 3. While pork cooks, mix sour cream, mustard, jam and chopped onion until blended. Serve on the pork; top with the pickled onions.



Photo: Laura Moss

Nutrition Facts

Yield 4 servings

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Amount Per Serving

Calories 313

Total Fat 13g

Saturated Fat 4g

Cholesterol 97mg

Sodium 1001mg

Total Carbohydrates 12g

Dietary Fiber 1g

Protein 32g