



Lemon-Mustard Pork Chops

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings.

These savory pork chops are lip-smackin' tangy good! The recipe combines fresh lemon, Dijon, garlic and herbs: simple ingredients that work well together. —Kathleen Specht, Clinton, Montana

Ingredients

4 boneless pork loin chops (6 ounces each)

2 tablespoons lemon juice

2 tablespoons minced fresh parsley

2 tablespoons Dijon mustard

1 garlic clove, minced

1 teaspoon grated lemon zest

1/2 teaspoon dried rosemary, crushed

1/4 teaspoon salt

Lemon wedges

Directions

1. Drizzle pork chops with lemon juice. Combine the parsley, mustard, garlic, lemon zest, rosemary and salt; brush over both sides of chops.

2. Place pork on a greased broiler pan. Broil 4-5 in. from the heat for 4-5 minutes on each side or until a thermometer reads 145°. Let stand for 5 minutes before serving. Serve with lemon wedges.

Nutrition Facts

1 pork chop: 239 calories, 10g fat (4g saturated fat), 82mg cholesterol, 376mg sodium, 3g carbohydrate (0 sugars, 0 fiber), 33g protein. **Diabetic Exchanges:** 5 lean meat.