



Taste of Home

# Pork Chops Charcutiere

**TOTAL TIME:** Prep: 25 min. Cook: 25 min.

**YIELD:** 4 servings.

*The peppery, Dijon-mustard sauce spooned over these tender chops makes for a recipe special enough to serve guests. —Monique Hooker, DeSoto, Wisconsin*

## Ingredients

4 boneless pork loin chops (5 ounces each)

1 to 3 teaspoons pepper

4-1/2 teaspoons olive oil

1 small onion, finely chopped

4 shallots, finely chopped

1 cup reduced-sodium beef broth

1/2 cup white wine or additional reduced-sodium beef broth

2 tablespoons Dijon mustard

2 tablespoons chopped celery leaves or minced fresh parsley

## Directions

1. Sprinkle pork chops with pepper. In a large nonstick skillet coated with cooking spray, brown chops in oil. Remove and keep warm. In the same skillet, saute onion and shallots until tender. Add broth and wine, stirring to loosen browned bits from skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes.

2. Return chops to skillet. Cover and cook 8-10 minutes longer or until meat is tender. Place chops on a serving platter and keep warm. Stir mustard into skillet. Return to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until sauce is thickened. Spoon sauce over chops; sprinkle with celery leaves.

# Nutrition Facts

1 each: 292 calories, 13g fat (4g saturated fat), 70mg cholesterol, 339mg sodium, 11g carbohydrate (2g sugars, 1g fiber), 29g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch, 1 fat.

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