

HERB-RUBBED PORK CHOPS

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: about 15 minutes

2 pork loin rib chops, 3/4"-thick (about 8 oz total)

2 tsp lemon juice

1/4 tsp dried thyme or savory, crushed

1/4 tsp dried marjoram or basil, crushed

1/4 tsp ground ginger

DIRECTIONS:

Trim fat from chops - brush both sides of chops with lemon juice.

In small bowl, stir together the 3 spices - rub mixture onto both sides of chops. Place chops on rack of broiler pan - broil 3" from heat for 4 minutes - turn & broil 4-6 more minutes or till pork is slightly pink & juices run clear.

Serves: 2

[per serving: calories: 162; protein: 26g; carbohydrates: 1g; total fat: 6g; saturated fat: 2g; cholesterol: 66mg; sodium: 59mg; potassium: 322mg]