

HONEY-MUSTARD PORK CHOPS

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

4 tsp honey
1/4 C Dijon mustard
1 tsp cider or wine vinegar
Salt & freshly ground pepper, to taste
4 5oz bone-in loin pork chops 1" thick

DIRECTIONS:

To fix marinade: in small saucepan over low heat, heat honey till it liquefies - stir in mustard, vinegar, salt & pepper - cool to room temperature.

Place chops in gallon-size re-sealable plastic bag - add marinade. Seal bag, squeezing out all air - turn to coat chops. Refrigerate, turning bag occasionally at least 8 hours or overnight. Remove chops from refrigerator 30 minutes before broiling.

Preheat broiler - discard marinade - place chops on broiler rack & broil 3-4" from heat till cooked through (6-7 minutes/side). Serve.

Makes 4 servings

(per serving: 178 calories; 7g total fat; 3g saturated fat; 10mg cholesterol; 124mg sodium, 2g total carbohydrates; 0g dietary fiber; 26g protein, 27mg calcium - WW points per serving: 4)