

ATKINS Peppery Pork Chops

Prep time: 10 minutes Marinate time: 4 hours Bake/Cook time: 10 minutes

INGREDIENTS:

4 (6 oz) boneless pork loin chops, about 1" thick
1 can (4 oz) chopped green chiles
1/2 chipotle en adobo, chopped
2 garlic cloves, pushed through a press
1 TBS dried oregano
2 tsp ground cumin
1/4 C cider vinegar
1 packet sugar substitute
1 TBS canola oil

DIRECTIONS:

1. Combine chiles, garlic, oregano, cumin + vinegar in a blender and purée. Place pork chops in shallow baking dish - pour pepper mixture on top - turn chops to coat. Marinate 4-8 hours.
2. Drain pork chops - pat dry. Place marinade in small saucepan. Mix in sugar substitute - bring to boil - cook 3 minutes.
3. Heat oil in large skillet. Cook chops 10 minutes, turning once halfway through cooking time, just till cooked through. Serve with cooked marinade.

Chipotles en adobo are smoked jalapenos in a spicy tomato sauce. They are quite hot, so add less if you prefer a milder dish. They come in small cans, and last forever in the fridge if transferred to a covered glass or plastic container.

Servings: 4

Carbohydrates: 3.5 grams
Net Carbs: 2 grams
Fiber: 1.5 grams
Protein: 40 grams
Fat: 12 grams
Calories: 294