

## **Vietnamese-Spiced Pork Chops**

**SOURCE: Cooking Light, OCTOBER 2003**

**Smooth this sweet-hot rub into the scored surface of the chops. Serve with rice.**

### **INGREDIENTS:**

4 (4-oz) boneless center-cut loin pork chops (about 1/2" thick)  
2 TBS brown sugar  
2 tsp paprika  
2 tsp ground coriander  
3/4 tsp salt  
1/2 tsp crushed red pepper  
1 TBS bottled minced ginger  
2 tsp bottled minced garlic  
Cooking spray  
Sliced green onions (optional)

### **DIRECTIONS:**

Lightly score diamond pattern on both sides of pork. Combine sugar + next 6 ingredients (sugar through garlic) - rub evenly over pork.

Heat large nonstick skillet coated with cooking spray over medium-high heat - Add pork - cook 4 minutes on each side or till done - garnish with sliced green onions, if desired.

Yield: 4 servings (serving size: 1 pork chop)

**NUTRITION PER SERVING: CALORIES 199 (29% from fat); FAT 6.4g (sat 2.1g, mono 2.7g, poly 1g);  
PROTEIN 25.3g; CARB 9.2g; FIBER 1.1g; CHOL 62mg; IRON 1.4mg; SODIUM 491mg; CALC 42mg**