



Pork Chops with Dijon Herb Sauce

Makes 4 servings

Ingredients

1 teaspoon butter
4 pork chops (22 ounces with bone, fat removed), 1-inch thick, trim all visible fat
½ teaspoon salt
fresh ground pepper

3 tablespoons chopped onion
¾ cup chicken stock or broth
1 tablespoon Dijon mustard
2 tablespoons chopped, fresh herbs like parsley or chives

Instructions

1. In a large skillet, melt the butter over moderately low heat.
2. Season the pork with salt and pepper.
3. Raise heat to medium, add the chops to the pan and sauté for 7 minutes.
4. Turn and cook until chops are browned and done to medium, about 7-8 minutes longer.
5. Remove the chops and put in a warm spot.
6. Add the onion to the pan and cook, stirring, until soft, about 3 minutes. Add the stock and boil until it reduces to ½ cup, about 2 to 3 minutes.
7. Stir in the mustard, herbs and ⅓ teaspoon pepper.
8. Put the chops on a platter and pour the sauce over the meat.

Nutrition Facts

Serving size: 1 chop with sauce; calories per serving: 180; total fat: 5g; saturated fat: 2g; cholesterol: 86.5mg; sodium: 400mg; carbohydrates: 1g; fiber: 0g; sugars: 0.5g; protein: 29g

Source: www.skinnytaste.com

