

# Blackberry Pork Chops (Grilled)

*www.publix.com*

*1 1/2 pounds (3/4-inch thick) boneless pork top loin chops*  
*2 teaspoons Montreal steak seasoning*  
*olive oil cooking spray*  
*1/4 cup blackberry preserves*  
*1 tablespoon soy sauce*  
*1 teaspoon lemon juice*  
*1 cup fresh blackberries (for serving) (optional)*

Preheat the grill.

Sprinkle both sides of the pork with seasoning. Coat with spray.

Place on the grill (wash hands). Close the lid (or cover loosely with foil).

Grill 4 to 5 minutes on each side or until grill-marked and 145 degrees.

Combine the soy sauce, blackberry preserves and lemon juice in a small saucepan on medium heat. Bring just to a boil, stirring occasionally, to liquefy the preserves. Cover and remove from the heat.

Ladle the sauce over the pork chops and garnish with fresh blackberries, if using.

Serve.

---

Per Serving (excluding unknown items): 208 Calories; 7g Fat (33.3% calories from fat); 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 1092mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit.