

Pork

Citrus Sauced Pork Chops

Argo Corn Starch

Servings: 4

Preparation Time: 10 minutes

Cook time: 25 minutes

1 can (14 oz) chicken broth, divided

1/4 cup corn starch, divided

4 pork chops (1/2-inch thick)

Salt & pepper, to taste

1 tablespoon corn oil

2 cups orange juice

1 cup baby carrots

2 tablespoons minced onion

3 tablespoons honey

2 tablespoons light corn syrup

1 tablespoon white vinegar

1 tablespoon Dijon mustard

1/8 teaspoon crushed red pepper

2 tablespoons minced fresh parsley

cooked rice (optional)

Stir together 1/4 cup chicken broth and 2 tablespoons corn starch in a small bowl until smooth; set aside.

Season pork chops with salt and pepper, then coat lightly with remaining 2 tablespoons corn starch. Heat oil in large skillet over medium-high heat. Add pork chops.

Cook, turning once, 8 to 10 minutes or until done. Remove; keep warm.

Drain any excess fat from skillet. Add remaining chicken broth, orange juice, carrots and onion. Cover.

Simmer 10 to 12 minutes or until carrots are tender. Stir honey, corn syrup, vinegar, Dijon mustard and crushed red pepper into corn starch mixture. Add to skillet. Stirring constantly, bring to a boil over medium heat and boil 1 minute. Stir in parsley. Return pork chops to skillet until heated through.

Per Serving (excluding unknown items): 201 Calories; 4g Fat (19.1% calories from fat); 3g Protein; 40g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.