

Pork

Vermont Pork Chops

Linda Gassenheimer - McClatchy News Service
Palm Beach Post

Servings: 2

2 tablespoons maple syrup
2 tablespoons brown sugar
2 tablespoons Dijon mustard
vegetable oil spray
2 (six-ounce) boneless butterflied pork chops
salt
freshly ground black pepper

Mix the maple syrup, brown sugar and mustard together. Set aside.

Remove visible fat from the pork.

Heat a small nonstick skillet over medium-high heat. Spray with the vegetable oil spray.

Brown the pork for 2 minutes, turn and salt and pepper the cooked side.

Brown the second side for two minutes.

Lower the heat to medium. Cover with a lid and cook for 2 minutes or until the pork is cooked through.

A meat thermometer should read 160 degrees. Remove the chops to a plate.

Add the sauce to the skillet and heat for several seconds, scraping up any brown bits in the skillet.

Serve the pork with sauce spooned on top.

Per Serving (excluding unknown items): 97 Calories; 1g Fat (6.2% calories from fat); 1g Protein; 23g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 193mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1 1/2 Other Carbohydrates.