

Pork Chops with Cherry Sauce

Ingredients

- 2 boneless pork loin chops, about 1-inch thick
- Salt and freshly ground black pepper, to taste (used 1/4 teaspoon salt, 1/8 teaspoon pepper)
- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 1 cup reduced sodium chicken broth
- 1/3 to 1/2 cup dried tart cherries
- 2 tablespoons orange marmalade
- 1 tablespoon balsamic vinegar
- Dried red pepper flakes, to taste (used 1/8 teaspoon pepper)

Directions

Season pork chops with salt and pepper. Heat oil in a large skillet on high heat. Add pork chops; brown well, about 3 minutes per side. Remove to plate. Add onions to skillet; cook until tender, 3 to 5 minutes. Add chicken broth, dried cherries, orange marmalade, vinegar and red pepper flakes. Bring to a boil; boil rapidly on medium heat until broth is reduced by half. Reduce heat. Add pork chops to pan to heat through, 5 to 6 minutes. (Cook pork chops longer on lower heat, if pork chops are

very thick or if they have a bone in them.) Internal temperature of the pork should be about 160 degrees. Add chicken broth or water, if needed. Serve pork chops with cherry sauce spooned over them.

Makes 2

Nutrition Info

Nutrition Facts per serving: 444 cal., 22 g total fat (4 g sat. fat), 36 g carbo., 67 mg chol., 26 g pro., 2 g fiber, 628 mg sodium. Daily RDA values: 25% vit. A, 8% vit. C, 4% calcium, 10% iron.

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