

Pork Loin Chops

Adapted from Clean Eating Magazine October 2011

Serves 6

½ cup chopped fresh Italian parsley
Zest 1 lemon
2 cloves garlic minced
¼ tsp salt divided
1 tsp olive oil
Safflower or sunflower oil
6 4-oz. boneless center-cut pork chops, trimmed of fat
1/8 tsp fresh ground black pepper

In a bowl, combine parsley, lemon rind, garlic, 1/8 tsp salt and olive oil. Set aside.

Preheat grill to high heat.

Sprinkle pork chops with remaining 1/8 tsp salt and pepper.

Grill chops till no longer pink in center, approximately 4 minutes per side.

Top each chop with parsley/lemon mixture before serving.

Per serving:

170 calories

1 g carbohydrates

6 g fat

2 g sat fat

25 g protein

65 mg cholesterol

150 mg sodium

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