



BARBECUED PORK CHOPS



A simple 8-ingredient marinade, made with mostly pantry staples, brings out the vibrant flavor of these chops. Pair with kimchi-style slaw for a flavorful duo and a quick cooking dinner solution, ready in about 40 minutes (including a 25-minute marinade).

Yield: 4 servings (serving size: 1 pork chop)

Source: Cooking Light, JUNE 2009

2 tablespoons dark brown sugar
2 tablespoons low-sodium soy sauce
1 tablespoon dark sesame oil
1 tablespoon pineapple juice
2 teaspoons minced fresh garlic
1 1/2 teaspoons sake (rice wine)
1/4 teaspoon crushed red pepper
1/4 teaspoon freshly ground black pepper
4 (4-ounce) bone-in pork chops (about 1/2 inch thick)
Cooking spray
1/4 teaspoon kosher salt
1 teaspoon sesame seeds, toasted

1. Combine first 8 ingredients in a zip-top plastic bag; add pork to bag. Seal; marinate at room temperature 25 minutes.
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove pork from bag; reserve marinade. Sprinkle pork with salt. Cook pork 3 minutes on each side or until done. Pour reserved marinade into a small saucepan; bring to a boil. Reduce heat, and simmer 2 minutes or until thickened. Brush pork with reduced marinade; sprinkle with sesame seeds.

CALORIES 195 ; FAT 9.4g (sat 2.5g,mono 3.9g,poly 2.4g); CHOLESTEROL 49mg; CALCIUM 31mg;
CARBOHYDRATE 8.9g; SODIUM 433mg; PROTEIN 17.7g; FIBER 0.3g; IRON 1mg