

# Lemon Pork Chops

## *Heart Healthy Recipe of the Month*

Source: <http://eatright.org>

### **Ingredients:**

4 pork loins, each 3/4 inch thick  
2 tsp. lemon pepper  
2 Tbsp. cider vinegar  
1/4 cup lemon marmalade or jelly

Number of Servings: 4

### **Directions**

1. Spray non-stick skillet with vegetable oil. Place skillet over medium heat.
2. Sprinkle lemon pepper on both sides of chops, and add to hot skillet and sauté for about 4 minutes on each side.
3. Remove chops from skillet; cover and keep warm.
4. Add vinegar and marmalade to skillet and stir until marmalade melts. Return chops to skillet, turning once to coat with sauce. Serve immediately.

### **Nutrition Content:**

Calories: 210  
Total fat: 6g  
Saturated fat: 2g  
Cholesterol: 60mg  
Sodium: 260 mg  
Protein: 25 g  
Carbohydrates: 14 g