

Marmalade Pork Chops

Ingredients:

1 tsp olive oil cooking spray

4 (4oz) boneless center cut loin pork chops trimmed

2 tsp lemon pepper

2 Tbsp cider vinegar

1/4 cup low sugar orange marmalade

Heat oil in large nonstick skillet coated with cooking spray over medium high heat. Sprinkle chops on both sides with lemon pepper; add chops to pan and cook 5 minutes on each side or until done. Remove from pan and keep warm. Add vinegar to pan; stir in marmalade. Return chops to pan, turning once to coat; cook 1 minute or until thoroughly heated. Serve immediately.

4 servings@ 5 Points, 6 points plus

