

Orange Mustard Glazed Pork Chops

Ingredients:

½ cup	Orange juice, fresh
2 Tablespoons	Orange marmalade
1 Tablespoon	Whole grain Dijon mustard
½ Tablespoon	Olive oil
3 each (4 ounces)	Pork chop, fat trimmed
¼ teaspoon	Kosher salt
¼ teaspoon	Black pepper
2 sprigs	Rosemary, fresh
1 ½ each	Red onion, cut into 12 wedges
2 Tablespoons	Lime juice, fresh



Method:

- Preheat oven to 425 °F.
- Combine orange juice, marmalade, and mustard into a small saucepot over medium heat.
- Bring mixture to a boil, reduce heat and simmer for 15-20 minutes or until thickened and slightly syrupy.
- Heat an oven, safe, large, sauté pan, add oil and heat.
- Season pork with salt and pepper.
- Once oil and pan are hot, add pork and sear, about 2 minutes on each side.
- Transfer pork to an oven-safe pan.
- Add rosemary, onion wedges, and fresh lime juice to pan. Pour sauce over pork and place in the oven. Cook for 5-7 minutes or until pork reaches desired internal temperature (140 degrees suggested).
- Remove from oven top with 1 tablespoon of sauce on each pork chop.
- Serve warm and enjoy!

Chef's Note: This recipe is great with chicken, too!

Nutritional Information:

Servings: 3 | Calories: 230 | Fat: 7 grams | Sodium: 300 milligrams
Carbohydrates: 17 grams | Protein: 25 grams | Fiber: 1 gram