

Pork Chops with Raspberry Sauce

Sodium Per Serving – 53mg

Serves 4



4 (4-oz) boneless pork loin chops

1/2 tsp dried sage

1/2 tsp dried thyme

1/4 tsp garlic or onion powder

1/8 tsp ground black pepper

1 tbsp olive oil

Raspberry Sauce:

1/3 cup fruit sweetened raspberry jam

2 tbsp orange juice

1 tbsp raspberry or balsamic vinegar

2 tbsp dry sherry

2–3 drops hot pepper sauce, such as *Tabasco* (optional)

1 tbsp unsalted margarine or butter

1. Combine sage, thyme, garlic powder, and pepper; rub over pork chops.
2. Heat oil in a large skillet over medium-high heat; add chops. Lightly brown on both sides, 4 to 5 minutes per side. Transfer chops to a platter and keep warm while preparing sauce.
3. *For the Raspberry Sauce:* In same skillet, stir in jam, orange juice, vinegar, sherry, and hot pepper sauce; bring to a boil. Cook, stirring constantly, until sauce has thickened to a gravy consistency, 2 to 3 minutes; stir in margarine. Serve over pork chops.

NUTRITIONAL INFO PER SERVING: Calories 234, Fat 10g (Saturated Fat 2g), Cholesterol 64mg, Carbohydrates 12g (Fiber 0g, Sugar 11g), Sodium 53mg

*Recipe Notes

1. I think this sauce tastes best using a fruit-sweetened jam rather than a sugar-sweetened one. If you want a smooth sauce, use seedless jam.