

# BALSAMIC PORK CHOPS WITH ROSEMARY

Yield: 4 Servings (1 pork chop per serving)



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 1 Tbsp. olive oil
- 4 Boneless Center-Cut Pork Chops (about 2 lb.), patted dry
- 2 tsp. fresh chopped rosemary (or 1 tsp. dried)
- ¼ cup Balsamic Vinegar

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## PREPARATION

Preheat oven to 400 degrees.

1. Heat oil in large, non-stick skillet on medium-high. Season both sides of pork chops with salt and pepper; sear until golden brown, 2–3 min. each side. Transfer pork chops to large baking dish or casserole.
2. Return skillet to heat. Add rosemary and vinegar, bring to boil; immediately pour over top of pork chops.
3. Bake on center rack until pork reaches an internal temperature of 145 degrees, about 15–20 min. Insert thermometer into the thickest part of the meat. Remove from oven; let rest 5–10 min.

## NUTRITION

**Per serving:** Calories: 300; Fat: 13 g (4 g saturated fat); Cholesterol: 105 mg; Carbohydrates: 0 g; Protein: 44 g; Sodium: 80 mg.

Recipe courtesy of Wegmans