

Fig and Rosemary Glazed Pork Chops



Makes: 4 servings



Total Time: 30 minutes

Ingredients:

1 Tbsp. D'Avolio Olive Oil

4 Boneless Center-Cut Pork Chops, patted dry

Salt and pepper to taste

2 tsp. chopped fresh rosemary

¼ cup D'Avolio Fig Balsamic Vinegar

PREPARATION

1. Preheat oven to 400 degrees.
2. Heat oil in large non-stick skillet on medium-high. Season both sides of pork chops with salt and pepper. Sear chops until golden brown, 2-3 min. each side. Transfer pork chops to large baking dish or casserole.
3. Return skillet to heat. Add rosemary and D'Avolio Fig Balsamic Vinegar and bring to boil. Immediately remove from heat and pour hot vinegar over top of pork chops.
4. 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. before serving.

Nutrition: 300 calories; 13g fat (4g saturated); 105mg cholesterol; 0g carbohydrates; 44g protein; 80mg sodium

