



Rating:

## Braised Pork Chops

Some of us have to watch many dietary components at once: Salt, sugar, calories are a typical triad. This dish controls all three, AND feeds you flavorful meat...

*½ tsp dried marjoram*  
*⅛ tsp onion powder*  
*⅛ tsp garlic powder*  
*4 bone-in pork loin chops, ¾ inch thick*  
*1 tsp olive oil*  
*½ cup water*  
*2 sprigs fresh rosemary*  
*2 tsp cornstarch*  
*¼ cup low-sodium chicken broth*

Mix seasonings and sprinkle liberally on the chops. Heat oil in a non-stick skillet over medium heat. Brown chops on both sides; be sure there's nice color but no burning. Add water and bring to a boil. Place rosemary sprigs on top of chops. Reduce heat to low, cover and simmer for 35-45 minutes, or until chops are nicely tender. Remove meat from pan and set aside; keep meat warm.

In a small bowl, combine cornstarch and broth to make a slurry. Turn heat under skillet up to medium and whisk the starch solution into the cooking liquid. Bring to a boil, then cook for a few minutes, until thickened. Serve as sauce over the meat.

To make these chops zesty, add some red pepper flakes or chile powder (not chili powder!) when you make the sauce. You can also add jam or honey to the sauce. Sugar-free jam works well!

Yield: Four servings  
Preparation time: 10 minutes  
Cooking time: 1 hour

