

Pork with Apricot Sauce

POINTS® Value: 4

Servings: 4

Ingredients

16 oz Lean Pork chops, 4 - 4oz chops

1/2 tsp black pepper

2 medium scallion(s), chopped

1 1/3 cup apricot nectar

1/2 tsp beef bouillon granules, low sodium if possible

2 Tbsp water

2 tsp cornstarch

Instructions

Sprinkle chops with pepper. Place on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes on each side or to desired degree of doneness. Meanwhile, coat a medium skillet with cooking spray; place over medium-high heat until hot. Add onions, and cook 1 minute or until tender, stirring often. Add apricot nectar and bouillon granules. Combine water and cornstarch; add to skillet. Bring to a boil; reduce heat, and cook, stirring constantly, 1 minute or until thickened. Spoon apricot mixture over chops.

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