

Blue is Better Recipe (Serves 6) Dilly Pork Chops

Ingredients

- 6 boneless pork chops
- 1 Tbsp. Dijon mustard
- 1 to 1/12 tsp. dill weed
- 1 tsp. Worcestershire sauce
- 1/8 tsp. garlic powder

Preparation Instructions

1. Prick pork chops with a fork. In a small bowl, combine the remaining ingredients; spoon over both sides of chops.
2. Place on a broiler pan; broil 4-6" from the heat for 4 minutes on each side or until juices run clear.

NUTRITION FACTS

Serving Size

1 chop

Amount Per Serving:

Calories	257
Calories from Fat.....	114
Total Fat	13 g
Saturated Fat.....	5 g
Cholesterol80 mg
Sodium	114 mg
Carbohydrate	<1 g
Dietary Fiber.....	<1 g
Protein	33 g

