

Food

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RECIPE:**Honey Garlic Pork Chops**

These sweet & saucy pork chops are a great main dish. Grill them for a fantastic barbecue!

Serving: 4**Prep Time:** 270 minutes**Cook Time:** 15 minutes**Total Time:** 285 minutes**INGREDIENTS:**

- 1/4 cup lemon juice
- 1/4 cup honey
- 2 tbsp soy sauce
- 1 tbsp dry sherry
- 2 minced garlic clove
- 4 boneless center cut pork chops

DIRECTIONS:

1. Combine all ingredients except pork chops in small bowl.
2. Place pork in shallow baking dish; pour marinade over pork. Cover and Refrigerate 4 hours or overnight.
3. Remove pork from marinade.
4. Heat remaining marinade in small saucepan over medium heat to simmer.
5. Broil pork 4 to 6 inches from heat source 12 to 15 minutes, turning once during cooking and basting frequently with marinade.
6. **Cook's Note:** Try this grilled!

NUTRITIONAL INFORMATION:

Based on individual serving.

Calories: 248**Total Fat:** 7 g**Carbohydrates:** 20 g**Protein:** 25 g

Source: National Honey Board