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PORK CHOPS

4 Servings



- 4 1-inch thick, boneless loin pork chops
- salt and freshly ground black pepper
- cooking spray

Spray a non-stick frying pan with the cooking spray and heat over med-high heat.

Sprinkle both sides of the chops with salt and pepper and add to the skillet.

Sear 1 minute on each side, then reduce heat to medium.

Cook 3-4 minutes on each side. Remove from skillet and keep warm.

Mustard Sauce

- 1/2 cup peach preserves
- 2 Tablespoons Dijon mustard
- 1 Tablespoon water

Add the peach preserves, mustard and water to the skillet. Cook for 2 minutes, stirring constantly.

Spoon the sauce over the pork chops and serve.

Source: *Debra Fioritto Weber*