



## Southern BBQ Pork Chops

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### Info:

Makes 4 Servings      145 Calories per Serving

**LOW CAL** **SPICY**

### Ingredients:



- ❖ 1 lb Pork Loin Chops (4 equal pieces)
- ❖ 2 tsp Chili Powder
- ❖ 4 Tbsp Barbecue Sauce
- ❖ 2 oz Balsamic Vinegar
- ❖ Cooking Spray

### Preparation:



1. Mix vinegar, barbecue sauce and chili powder in a large Ziploc bag
2. Place pork chops in the bag, coating both sides and marinate in refrigerator about 1 hour (keep marinade for later use)
3. Preheat nonstick skillet to medium-high and lightly coat with cooking spray
4. Brown both sides of the pork chops then add leftover marinade
5. Bring to a boil, cover and reduce heat to simmer for about 5 minutes or until cooked through