

Dinner Recipe: Glazed Pork Chops

Ingredients

4 pork chops (one inch thick)

1 tbsp olive oil

1/4 cup low sodium soy sauce

2 tbsp maple syrup

5 cloves garlic minced

1 tsp sesame oil

1 tsp ginger minced

2 tsp Sriracha sauce

Black pepper to taste

Instructions

1. Add pork chops to a large ziplock bag.
2. In a large bowl, pour soy sauce, maple syrup, ginger, garlic, sriracha and sesame oil.
3. Whisk together.
4. Pour mixture onto pork chops and refrigerate for 25 minutes.
5. Preheat oven to 400 degrees.
6. Heat olive oil in a large skillet over medium-high heat.
7. Remove pork chops from marinade and add to the skillet.

8. Cook for 5 minutes on side one.
9. Flip pork chops over, add in the marinade and cook for another 5 minutes.
10. Place skillet in the oven and cook for 10-12 minutes.
11. Serve.