

Asian Honey Pork Chops

You will need:

- 3 lean, boneless pork chops
- ¼ cup honey
- 3 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- 2 tbsp. reduced sodium soy sauce
- 1 tsp. ground ginger
- ¼ tsp. red pepper flakes
- 1½ tsp. cornstarch or flour
- Small mixing bowl
- Gallon-sized baggie
- Frying pan

Directions:

- 1) Trim any visible fat from around the outside of the pork chops.
- 2) Put all the ingredients besides the pork chops and cornstarch in a small mixing bowl, and mix well to thoroughly combine.
- 3) Place the pork chops in a large baggie and add the sauce. Place in the refrigerator and marinate for 4-6 hours, turning the bag halfway through the time so that both sides of the pork get marinated.
- 4) After marinating, take the pork chops out of the sauce and place them in the frying pan. Set the sauce aside for later. Cover the pan, and cook on medium heat for 10 minutes per side (or until the pork chops are cooked through – they shouldn't look at all pink when cut into if they are done).
- 5) Take the pork chops out of the pan and set them aside for now. Take the pan and dump out the fatty pork juices that have come out while cooking. Return the pan to the stove, and add the sauce from the baggie to the pan. Mix in the cornstarch with the sauce and cook for 5 minutes, stirring frequently until thickened.
- 6) To serve, place a pork chop on the plate and pour a spoonful or two of sauce over it. This yummy recipe is perfect served with roasted broccoli and a baked potato, or whatever other vegetables you desire! Enjoy!