

Greek Pork Chops

Ingredients:

- Salt and freshly ground pepper, to taste
- 3 cloves garlic, minced
- 2 Tbsp lemon juice
- 2 tsp dried oregano leaves
- ½ pound pork loin chops
- 3 tsp feta cheese, crumbled

Directions:

1. In a small bowl, combine the salt, pepper, garlic, lemon juice, and oregano. Mix well.
2. Place the pork chops on a broiler pan that has been covered with foil and coated with cooking spray.
3. Rub each side of pork with the garlic-oregano mixture.
4. Broil about 4 inches from heat source about 4-5 minutes per side until cooked to taste. Be careful not to overcook the pork to ensure moistness.
5. Top each serving with 1 ½ tsp of feta cheese.

For Our Program:

Nutrition Information:

Servings = 2

Carbohydrates per serving = 3g