

# Ginger Mustard Pork Chops



Pork Chops with a Light Ginger Mustard Sauce.

4 servings

## Ingredients:

4 ea Pork Chop, 5 oz  
2 Tbsp Flour, all-Purpose  
4 ea Olive Oil, Spray  
¼ cup Chicken Broth  
2 tsp Ginger, Fresh, peeled and minced.  
2 tsp Mustard, Dijon  
2 tsp Mustard, Whole Grain  
4 ea Green Onion, Fresh, sliced  
¼ tsp Salt  
1 tsp Black Pepper, ground

## Instructions:

Dredge pork chop in flour. Spray olive oil in large sauté pan and sauté chops over medium heat until brown on both sides, about 2-3 minutes per side. Remove chops from pan and keep warm. Pour chicken stock into pan and deglaze by boiling the stock and scraping the browned bits off the bottom of the pan. Add the ginger and cook for 2 minutes. Stir in both mustards and sliced green onions. Season with salt and pepper. Serve sauce over the sauteed pork chops.

**Chefs' suggestion:** Serve with roasted potatoes and steamed green beans.

**Nutrition Information:** 5 oz pork chop with sauce, 270 calories, 13g or total fat, 4g sat fat, 0g trans-fat, 100mg cholesterol, 420mg sodium, 5g carbs, 0g fiber, 0g sugar, 30g protein.