

Pork Chops in Orange Sauce

Ingredients

- 1/4 tsp paprika
- 1/4 tsp pepper
- 4(6 oz) pork loin chops, boneless
- 3/4 cup orange juice
- 2 Tbsp sugar
- 6 cloves, whole
- 1/2 tsp orange peel, grated
- 2 Tbsp flour
- 1/4 cup water, cold



Savory dressing enhanced with the sweet overtones of orange citrus and hints of paprika adorn pork chops sure to satisfy the greatest of appetites.

Directions

Combine paprika and pepper; rub over both sides of pork chops. In large nonstick skillet, brown chops over medium heat.

Combine orange juice, sugar, cloves and orange peel; pour over pork. Cover and simmer for 18-22 minutes or until meat juices run clear.

Remove pork chops and keep warm. In a small bowl, combine flour and water until smooth, stir into cooking juices. Bring to a boil, cook and stir for 2 minutes or until thickened. Discard cloves. Serve sauce over pork chops.

Yield 4 servings

Nutritional Information

Calories 288, Fat 10g, Carbohydrates 14g Cholesterol 82mg, Sodium 47mg, fiber 1g, protein 33g.

