

Raspberry Glazed Pork Chops



2 tablespoon fresh rosemary
1 teaspoon rubbed sage
1/2 teaspoon dried oregano
8 boneless lean pork loin chops
1/4 cup fat-free chicken broth
1 cup raspberry preserves
1/2 teaspoon Dijon mustard
1 teaspoon chopped fresh rosemary leaves

1. Preheat oven to 350 degrees.
2. In a small food processor bowl, pulse together rosemary, sage, and oregano.
3. Rub one side of each pork chop with herb mixture. Place chops herb-side up in a baking dish, and pour broth over the top.
4. Bake in preheated oven for 20 minutes.
5. Place raspberry preserves in a microwave-safe bowl, and heat for 20 to 30 seconds to soften. Stir in Dijon mustard and additional chopped rosemary.
6. Spread about 1 tablespoon of preserve mixture over each chop. Bake 10 minutes more. Delicious served with steamed green vegetables and rice.

Nutrition Information

Servings Per Recipe: 8
Amount Per Serving
Calories: 266
Total Fat: 8g
Cholesterol: 69mg
Sodium: 85mg
Total Carbohydrates: 19g
Dietary Fiber: 0.2g
Protein: 26g

Diabetic Exchanges

Protein 3.7
Fat 1.6
Carbohydrates 1.3

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