



Raspberry Glazed Pork Chops

Serves 8

2 Tbsp fresh rosemary
1 tsp rubbed sage
½ tsp dried oregano
8 boneless lean pork loin chops
¼ cup fat-free chicken broth
1 cup raspberry preserves
½ tsp Dijon mustard
1 tsp 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.

Nutritional Analysis

Calories	266
Fat	8g
Cholesterol	69mg
Sodium	85mg
Carbohydrates	19g
Dietary Fiber	0.2g
Protein	26g

Diabetic Exchanges:

Protein	3.7
Fat	1.6
Carbohydrates	1.3