

Mustard-Glazed Pork Chops

4 (6 oz) boneless pork chops
1 1/2 c dry white wine OR chicken broth
1/3 c honey
1/4 c dijon mustard
Flour

- ✦ Mix together very little flour w/ salt and pepper. Dip the pork chops in the flour mix. – try to make it a little healthy by not using too much flour
- ✦ Heat a large non-stick skillet coated with cooking spray over medium-high heat. Add pork; cook 1-2 minutes on each side or until browned. Remove pork from pan.
- ✦ Add wine/chicken broth, honey and mustard to pan; bring to a boil and cook 3 minutes.
- ✦ Add pork; reduce heat, simmer until the pork gets done, turning pork half way thru.

