

Balsamic Glazed Pork Chops

4 center cut boneless pork chops, pounded to 3/4 inch thick
1/2 tsp salt
1/2 tsp ground black pepper
1 tsp garlic powder
2 T olive oil
2/3 c balsamic vinegar
2 tsp. Splenda®

Trim fat from pork chops and pound each chop to 3/4 inch thickness. Season chops on both sides with salt, pepper, and garlic.

Heat pan 1 minute, add olive oil, heat one minute more, then add pork chops and cook over medium high heat until well browned on both sides and cooked through, about 5 minutes total. Place pork chops on a plate. Lower pan heat slightly; add vinegar and Splenda; cook until slightly thickened--about 2 minutes.

Put pork chops back into pan with any liquid which has collected on plate, and cook about 4 minutes, turning several times to glaze pork chops with sauce. Serve hot. Pour remaining sauce over pork chops. Makes 4 servings.

Nutrition information per serving: 302 calories, 29 grams protein, 17 grams fat, 2 grams carbohydrate, 315 mg sodium.