

COMMENTS:

1 I think this sauce tastes best using a fruit-sweetened jam rather than a sugar-sweetened one. If you want a smooth sauce, use seedless jam.

2 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 76mg.

PORK CHOPS WITH RASPBERRY SAUCE

Sodium Per Serving – 53mg

Serves 4

This is so simple to prepare and absolutely divine! The sweet-tart taste of the raspberry sauce is the perfect compliment to the pork chops.

4 (4-ounce) boneless pork loin chops

½ teaspoon dried sage

½ teaspoon dried thyme

¼ teaspoon garlic or onion powder

⅛ teaspoon ground black pepper

1 tablespoon olive oil

Raspberry Sauce:

⅓ cup fruit sweetened raspberry jam¹

2 tablespoons orange juice

1 tablespoon raspberry or balsamic vinegar

2 tablespoons dry sherry

2–3 drops hot pepper sauce, such as *Tabasco* (optional)

1 tablespoon unsalted margarine or butter²

- ▶ Combine sage, thyme, garlic powder, and pepper; rub over pork chops.
- ▶ Heat oil in a large skillet over medium-high heat; add chops. Lightly brown on both sides, 4 to 5 minutes per side. Transfer chops to a platter and keep warm while preparing sauce.
- ▶ *For the Raspberry Sauce:* In same skillet, stir in jam, orange juice, vinegar, sherry, and hot pepper sauce; bring to a boil. Cook, stirring constantly, until sauce has thickened to a gravy consistency, 2 to 3 minutes; stir in margarine. Serve over pork chops.

NUTRITIONAL INFO PER SERVING: Calories 234, Fat 10g (Saturated Fat 2g), Cholesterol 64mg, Carbohydrates 12g (Fiber 0g, Sugar 11g), Sodium 53mg

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 1 lb pork chops - 206mg
- 2 T sherry - 3mg
- 2 drops hot pepper sauce - 4mg

Fat (Sat Fat):

- 1 lb pork chops - 17mg (6mg)
- 1 T olive oil - 14mg (2mg)
- 1 T NSA margarine - 8mg (2mg)
or NSA butter - 12mg (8mg)