

Grilled Asian Ginger Pork Chops

Yield: 6 servings

Ingredients:

1 orange
2 Tbs low sodium soy sauce
2 Tbs minced fresh ginger
1 tsp minced garlic
1 tsp garlic chili paste*
6 (4 oz) pork loin chops**

*Can be found in the Asian or gourmet section of most supermarkets. Once opened, store in the refrigerator where it will keep for several months.

**Using bone-in chops will keep the chop moist when grilling.

Directions:

Remove 1 Tbs finely grated zest from orange, then squeeze ½ cup juice. In a shallow container, mix orange juice, orange zest, soy sauce, ginger, garlic and chili paste. Add pork chops, then turn to coat evenly. Cover and chill, turning chops in the marinade occasionally for at least 2 hours or overnight. When removing from the marinade, rub off most of the garlic and ginger to prevent it from burning on the grill.

When ready to cook, preheat grill for medium to medium-high heat and lightly oil grate. Grill pork chops 4-6 minutes on each side, or to desired doneness. Chops are done when the center reaches 145 degrees F, even if slightly pink.

Nutrition

Calories	204
Total Fat	9.1g
Sat Fat	3.0g
Chol	70.0mg
Carb	3.0g
Fiber	0.1g
Protein	24.6g

