Barbequed Pork Chops

Ingredients:
- 2 teaspoons vegetable oil
- 4 pork loin chops
- 1 onion
- 1 stalk celery
- 1/2 cup water
- 1 tablespoon vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/4 teaspoon black pepper

Equipment:
- Nonstick skillet with lid
- Cutting board
- Knife
- Liquid measuring cup
- Measuring spoons

Directions
1. Wash celery and chop into small pieces. Cut ends off onion, and remove brown layer. Chop into small pieces. Set aside.
2. In small bowl, mix together 1/2 cup water, 1 tablespoon vinegar, 1 tablespoon Worcestershire sauce, 1 teaspoon paprika, 1/2 teaspoon chili powder, 1/4 teaspoon black pepper. Set aside.
3. Add oil to a non stick skillet and heat on medium heat.
4. Put pork chops in skillet and brown on one side, then turn over and brown other side.
5. Add vegetables and sauce and bring to a boil.
6. Cover and reduce heat. Simmer for 12 to 15 minutes.

Nutrition Facts
- Serving Size: 1 chop
- Servings: 4
- Calories: 167
- Calories from Fat: 72
- Total Fat 8g: 12%
- Saturated Fat 2g: 10%
- Cholesterol 47mg: 16%
- Sodium 88mg: 4%
- Total Carbohydrate 4g: 1%
- Dietary Fiber 1g: 4%
- Protein 20g: 39%
- Vitamin A 10%: 17%
- Vitamin C 7%: 3%
- Iron 7%: 3%
- Calcium 3%

TIP: Serve with black eyed peas and stewed tomatoes.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hainston, Administrator, 1890 Extension Program, Virginia State, Petersburg.