Honey Mustard Pork Chops

Ingredients:
4 pork loin chops
1/3 cup orange juice
1 tablespoon low sodium soy sauce
2 tablespoons honey mustard

Equipment:
Non stick skillet
Spatula
Measuring cups
Measuring spoons

Number of Servings: 4
Prep Time: 15 minutes
Total Time: 15 minutes

Directions

1. Heat non stick skillet over medium-high heat.
2. Add pork chops and brown on one side, about 5 minutes.
3. In separate bowl, mix together orange juice, low sodium soy sauce, and honey mustard.
4. Turn chops and pour dressing on top of chops in skillet. Stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes. Chops are done when the internal temperature reaches 145ºF.