



Greek Pork Chops

Prep time: 4 hours

Cook time: 30 minutes

Makes: 4 Servings

These pork chops are marinated in oregano and garlic and then pan-fried in a hot skillet until crispy. These tasty chops make a easy meal with quick clean up.

Ingredients

1 pound pork cutlets (or 4 boneless pork chops)

1 tablespoon vegetable oil

1 tablespoon red wine vinegar

1 tablespoon dried oregano

2 cloves garlic (peeled and minced)

1/2 teaspoon salt

1/4 teaspoon black pepper

Nutrition Information

Nutrients	Amount
Calories	155
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	53 g
Sodium	337 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	23 mg
Iron	1 mg
Potassium	315 mg

N/A - data is not available

MyPlate Food Groups

 Protein Foods 2 1/2 ounces

Directions

1. Put the pork, oil, vinegar, oregano, and garlic in the glass or ceramic bowl, or in a sealed plastic bag and mix well. Cover bowl and refrigerate at least 4 hours or overnight.
2. Sprinkle the pork with the salt and pepper.
3. Place a large skillet on the stove over high heat. When hot, add the pork to the dry skillet, waiting about 30 seconds between each addition.
4. Cook about 7 minutes on each side until crispy. Serve right away.

Notes

Lemon, lime or orange juice can be used instead of red wine vinegar.

Source: Center for Nutrition Policy and Promotion