

Apricot-Glazed Pork Chops



PREPARATION TIME
5 minutes



COOKING TIME
30 minutes



PERFECT PARTNER
sweet potatoes



Save money by purchasing a boneless pork loin roast and cutting it into chops yourself.

You will find that the roast is usually pre-trimmed, which will yield more meat for the money.

SHOPPING LIST

- pork • apricot nectar
- soy sauce • apricot preserves

ON HAND

- salt • pepper • oil • garlic
- rice

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INGREDIENTS

- 4 boneless pork chops (7 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil
- 1/2 cup apricot nectar
- 1/4 cup soy sauce
- 1 clove garlic, minced
- 1/3 cup apricot preserves
- 2 cups hot cooked white rice

SERVES 4

COOKIN'
Express

• A super-quick way to measure the apricot preserves is to first warm them in the microwave until they can be easily poured into a measuring cup.

Make Ahead

Prepare the glaze in step 3 up to 24 hours in advance. Refrigerate, covered, until ready to use.

VARIATION

For a spicy treat, substitute pepper jelly for the apricot preserves.

1 Sprinkle pork with salt and pepper. Heat oil in a large skillet over medium-high heat.



2 Add pork to skillet. Cook until browned on both sides, turning once, about 10 minutes.



3 Combine nectar, soy sauce, garlic and preserves in a small bowl; mix well.



4 Pour apricot mixture over pork; reduce heat. Simmer, covered, until pork is cooked through, about 20 minutes. Serve over hot rice.

