

## **Pork Chop and Wine Bake (Makes 4 servings)**

4 center cut loin pork chops, well-trimmed, 5–6 ounces each

1/8 teaspoon salt

1/4 teaspoon pepper

1/4 cup flour

1 Tablespoon canola or olive oil

1 large onion, thinly sliced

1/8 teaspoon dried thyme leaves

1/8 teaspoon dried rosemary, crushed

3/4 cup white wine

1/2 cup low sodium chicken broth or water

Preheat oven to 350° (can also be cooked in a crock pot). Mix, salt, pepper and flour; then dredge pork chops in the mixture. Heat oil over medium heat in a non-stick pan, brown pork chops on both sides; place in a 9 x 9 baking dish or crock pot. Cover with sliced onion. Combine thyme, rosemary, wine and broth or water; pour over pork chops. Cover and bake at 350° for 1–1½ hours, or until fork tender. If you are using a crock pot, cook on low for 7–9 hours or high for 4–5 hours.



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## **Nutrition Information**

Per serving (one chop): Calories: 262; Fat: 7.25 gm; Saturated Fat:1.5 gm; Carbohydrate; 7.5 gm,  
Sodium: 489 mg; Fiber: 0

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