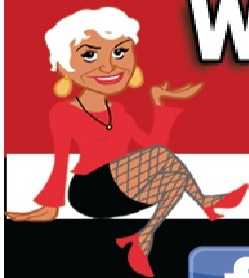


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HERBED LEMON PORK CHOPS

Intermediate Lifestyle

Ingredients

1 TSP salt-free garlic seasoning blend	1/4 TSP dried rosemary, crushed
1/2 TSP dried basil	2 bone-in pork loin chop (6 ounces each)
1/2 TSP dried oregano	1TSP olive oil
1/2 TSP minced fresh parsley	1 garlic clove, minced
1/4 TSP Morton's Lite salt	1 TBS lemon juice

Instructions

1. In a small bowl, combine the first six ingredients. Rub over both sides of pork chops. In a large nonstick skillet, heat oil and garlic over medium-high heat. Add pork chops. Cook for 4-5 minutes on each side or until juices run clear.
2. Remove from the heat; drizzle with lemon juice. Cover and let stand for 2 minutes before serving.

Portion-Per-Serving Information: (Yields 2 servings): 1 serving = 1 pork loin = 1 P