

## Low-Point Apple Butter Pork Chops

Ingredients:

- 4, 4 oz. lean, thin pork chops
- 1/4 cup apple butter
- salt and pepper
- dash of Creole seasoning (optional) if you want to add a little spice or "kick" to the pork chops

Preheat the grill to 350 degrees. Add a pinch of Creole seasoning to the apple butter (I used a little less than 1/8 tsp.) and mix. Apply one tablespoon of apple butter mixture to each of the four pork chops, both sides. Sprinkle with salt and pepper and place on grill. Grill for 4 to 5 minutes on each side. Remove and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3

Points plus per serving - 4

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Life is what happens to you while you're busy making other plans."***  
**- Allen Saunders**