

Low-Point Pork Chops with Peach Marinade

Ingredients:

- 2 tsp. olive oil
- 2 Tbs shallots, chopped small
- 1/4 tsp. thyme
- 2 peaches, each cut into 8 wedges
- 1/4 cup white wine
- 1/4 cup chicken broth
- 2 tsp. corn starch
- 4, 4 oz. boneless pork chops
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. cayenne pepper
- 1 Tbs brown sugar

Heat a large skillet over medium-high heat. Heat olive oil and add shallots and thyme. Saute' for 1 minute and add peach wedges. Saute' for 2 minutes. Add white wine and chicken broth. Cook for 2 minutes. Add corn starch and stir until sauce slightly thickens. Remove from heat. Combine salt, pepper, and cayenne pepper in a small bowl. Sprinkle pork chops with salt mixture (both sides) and lay in baking dish. Pour peach marinade mixture over pork chops and sprinkle with brown sugar. Marinate in refrigerator for at least 2 hours. Heat oven to 400 degrees and place baking dish in oven. Bake for 15 or 20 minutes (or until desired doneness). Spoon peach marinade/sauce over pork chops when serving. Enjoy!

Total servings - 4

Serving size - 1

Total points per serving - 5.3

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

"Perfect life is found in contentment, with the things you have, from the love you give, and from faith in God who gives you everything."

- Anonymous