

Low-Point Seasoned Pork Chops

Ingredients:

- 4, 4 oz. boneless pork chops
- 1 tsp. ground cumin
- 1 Tbs. brown sugar
- 1/2 tsp. paprika
- 1/2 tsp. salt
- 1/4 tsp. pepper
- Cooking spray

Combine cumin, brown sugar, paprika, salt, and pepper. Spray large skillet with cooking spray. Coat pork chops with seasoning mixture and add to pan. Cook for 5 minutes on each side over medium-high heat (or until desired doneness depending on the thickness of the pork chops).

Total Servings - 4

Serving size - 1

Points per serving - 5

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