

Garlic and Onion Glazed Pork Chops

Prep Time: 10 minutes | Cook Time: 20 minutes

Servings: 4 servings

Ingredients:

- 4 pork chops (about 1.5 lbs total)
- 1 medium onion, thinly sliced
- 3 cloves garlic, minced

Instructions:

1. Season the pork chops with salt and pepper on both sides.
2. Heat a large skillet over medium-high heat and add 1 tbsp of oil.
3. Once the oil is hot, add the pork chops and cook for 4-5 minutes on each side, or until they reach an internal temperature of 145°F.
4. Remove the pork chops from the skillet and set them aside on a plate.
5. In the same skillet, add the sliced onion and cook over medium heat for 5 minutes, or until they become translucent.
6. Add the minced garlic to the skillet and cook for an additional 1 minute.
7. Return the pork chops to the skillet, spooning the onion and garlic mixture over the top.
8. Cook for an additional 2-3 minutes, or until the pork chops are heated through.
9. Serve immediately.

Nutritional Information (per serving):

Calories: 350 kcal | Protein: 35 g

Carbs: 8 g | Fat: 22 g