

Teriyaki Pork Chops

[return to recipe archive](#)

4 pork loin chops

½ tsp ground ginger

½ tsp garlic powder

1 red pepper, thinly sliced

2 carrot, shredded

4 green onions, chopped

¼ cup orange juice

2 tsp cornstarch

¼ tsp Tabasco sauce

1. Trim fat from pork chops. Sprinkle both sides with ginger & garlic. Preheat a heavy non-stick skillet over medium-high heat. Add pork chops and cook 10 to 15 minutes turning once, until browned outside & cooked through. Remove from pan and keep warm.
2. Add red pepper, shredded carrot & green onion to same pan. Stir-fry over medium heat 2-3 minutes or until tender crisp.
3. In a small bowl combine orange juice, teriyaki sauce, cornstarch & tabasco sauce; add to vegetables. Cook and stir until thickened and bubbly. Spoon over pork chops to serve.

Makes 4 servings

Nutritional Information Per Serving:

10g Carbohydrate

21g Protein

6g Fat

183 calories