

PORK CHOPS WITH NECTARINE SAUCE

Preparation: **10** minutes | Cooking: **20** minutes | Servings: **4**

INGREDIENTS

4 boneless pork loin chops (6 ounces each)
3 medium nectarines, cut into 1/2-inch slices
1 small onion, finely chopped
1 garlic clove, minced
5–6 cups cooked green beans
1/2 cup reduced-sodium chicken broth
3 tablespoons all-purpose flour
1 tablespoon canola oil

1 tablespoon honey (optional)
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon pepper



INSTRUCTIONS

Sprinkle pork chops with seasonings. Dredge lightly with flour. In a large skillet, heat oil over medium heat; cook chops until a thermometer reads 145 degrees, 4-5 minutes per side. Remove from pan; keep warm. Add onion to same pan; cook and stir over medium heat, 2 minutes. Add garlic; cook and stir 1 minute. Add nectarines; cook until lightly browned on both sides. Stir in broth and, if desired, honey; bring to a boil. Reduce heat. Simmer, uncovered, until nectarines are softened and sauce is slightly thickened, about 5 minutes. Serve with chops and your cooked green beans.