

# HONEY GARLIC PORK CHOPS

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **6**

## INGREDIENTS

6 (4 ounce, 1-inch thick)  
pork chops  
2 cloves garlic, minced  
1/2 cup ketchup  
2 2/3 tablespoons honey  
2 tablespoons low-  
sodium soy sauce



## INSTRUCTIONS

Preheat grill or skillet to medium-high heat and lightly oil. Whisk ketchup, honey, soy sauce and garlic together in a bowl to make the glaze. Sear pork chops on both sides on preheated grill or skillet. Lightly brush glaze on each side as pork chops cook. Grill until no longer pink in the center, about 7-9 minutes per side. Feel free to replace pork chops with chicken if preferred. Serve with a side of vegetables and rice!