



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

20 PORK CHOP RECIPES THAT TAKE YOUR DINNER FROM BLAND TO GRAND



Pork isn't just "the other white meat" – it's a savory treat that'll transform the way you look at dinner.

Pork chops, in particular, are a high-protein, low-fat meal staple that are packed with vitamins B1, B2, B6, B12, niacin, iron, zinc and selenium.

No matter what your preferences, there's a pork chop recipe out there that'll tantalize your taste buds.

01. Grilled Buttermilk Boneless Pork Chops with Spicy Corn Relish

Serves 4

How can you make Southern pork chops without breading and frying them? Use a buttermilk and honey marinade complete with a couple dashes of hot sauce.

After the chops soak up those flavors for a couple hours, they're thrown onto a hot grill. Let them rest for a couple minutes while you toss together corn, jalapeno, and chipotle chili powder in a skillet to make a tasty corn relish topping.

Nutrition Facts (Per Serving) 512 CALORIES | 51 g PROTEIN | 33 g CARBS | 21 g FAT

INGREDIENTS

- | | |
|--|---------------------------------------|
| ✓ 2 cups buttermilk | ✓ 4 boneless pork chops (about |
| ✓ 2 Tbsp. pure honey | 6 oz. each) |
| ✓ 3 Tbsp. extra-virgin olive oil | ✓ Canola oil |
| ✓ Salt and freshly ground black pepper | ✓ 2 cups corn kernels |
| ✓ 1 head garlic, cloves smashed | ✓ 1 jalapeno, seeded and finely diced |
| ✓ 2 tsp. hot sauce | ✓ 2 Tbsp. fresh chives, chopped |
| | ✓ 1 tsp. chipotle chili pepper |

DIRECTIONS

In a large bowl, whisk together the buttermilk, honey, 2 tablespoons of olive oil, a generous amount of salt and black pepper (about 1 tablespoons each), garlic and hot sauce. Add the pork chops to the bowl and toss to coat. Cover and refrigerate for at least 2 hours or up to overnight.

Once the pork has marinated, remove from the refrigerator. Preheat the grill to medium heat and brush the grates with canola oil.

Remove the pork chops from the marinade and transfer to the grill. Cook for about 20 minutes, flipping them halfway through until they are cooked to your liking (I cooked my pork chops to medium). Remove from heat and let rest while you prepare your corn relish.

In a medium sauté pan, add the olive oil and heat over medium. Add the corn kernels. Cook until warmed through. Stir in the jalapeno, chives and chipotle chili powder. Adjust seasoning by adding salt and black pepper. Remove from heat. Spoon the relish over the grilled pork chops.

02. Jalapeno Popper Smothered Pork Chops

Serves 6

Since these pork chops are smothered in two kinds of cheese and topped with bacon, they aren't low in fat. But you'll want to indulge in this dinner when you're watching those carbs.

There's so much going on in this entrée that you hardly need a side to feel satisfied. That means you can keep it simple if you want to add calories and serve these Southwestern pork chops with black beans or brown rice.

Nutrition Facts (Per Serving) 534 CALORIES | 60 g PROTEIN | 3 g CARBS | 30 g FAT

INGREDIENTS

Pork Chops:

✓ 6 boneless pork chops (about
6 oz. each)

✓ 1 Tbsp. extra-virgin olive oil

✓ 1 tsp. garlic powder

✓ 1 tsp. salt

✓ 1/4 tsp. freshly ground black pepper

✓ 2 Tbsp. salsa verde

✓ 1/3 cup salsa verde

✓ 1/3 cup shredded cheddar

✓ 1 Tbsp. diced jalapeno

Cream Cheese Mixture:

✓ 6 oz. cream cheese

Topping:

✓ 1/2 cup (2 oz.) shredded cheddar

✓ 1/3 cup cooked bacon pieces (about 1/3 lb.)

✓ 1/3 cup raw jalapeno slices

DIRECTIONS

For the pork chops:

Combine the olive oil, garlic powder, salt, pepper, and 2 T salsa verde in a medium bowl. Add the pork chops and rub the mixture into them. Preheat the grill while the pork chops marinate for a few minutes. Once the grill is hot, grill the pork chops for about 3-4 minutes per side or until just cooked through.

For the cream cheese mixture:

Heat the cream cheese in the microwave for 1 minute or until really soft. Stir in the salsa verde, 1/3 cup shredded cheddar and chopped jalapenos. Divide the mixture between the 6 pork chops and pile it on top. Top with additional shredded cheddar and about 1 Tbsp of bacon and sliced jalapenos per chop. Drop the cover on the grill for a couple of minutes (over indirect heat) until the cheese is melted and soft. Serve warm.

03. Pork Chops with Peaches & Walnuts

Serves 4

It doesn't take much to turn plain pork chops into an outstanding dinner. This recipe makes the most of fresh peaches, walnuts, rosemary, and thyme to infuse pork chops with fresh flavors. Although it looks fancy, this fresh entrée can be made in one pan, and it'll be ready to eat in less than 30 minutes.

Nutrition Facts (Per Serving) 422 CALORIES | 49 g PROTEIN | 9 g CARBS | 21 g FAT

INGREDIENTS

- | | |
|---|---------------------------|
| ✓ 4 boneless pork chops (about 6 oz. each) | ✓ 1 peach, sliced |
| ✓ Salt and freshly ground black pepper to taste | ✓ 1/2 cup walnuts, halved |
| ✓ 2 Tbsp. butter | ✓ 1 Tbsp. fresh rosemary |
| | ✓ 2–3 sprigs fresh thyme |
| | ✓ 2 Tbsp. brown sugar |

DIRECTIONS

Season the chops with salt and pepper to taste. Reserve.

In a skillet over medium heat melt butter. Add peach slices and cook until lightly browned on both sides, about 2 minutes. Remove from pan and place on a plate. In the same skillet cook the chops on both sides until golden brown, about 5 minutes.

Place peaches, walnuts, rosemary and thyme over the chops. Sprinkle with brown sugar. Cover and cook for 3-4 minutes.

04. Maple Bourbon Glazed Pork Chops

Serves 4

Like most glazes for pork, this one uses brown sugar and maple syrup. But you can take it easy on the sweetness because there's also bourbon in the mix. You'll want to make the most of this amazing bourbon glaze by serving with roasted vegetables, which will benefit from rolling around on the plate to pick up any excess.

Nutrition Facts (Per Serving) 432 CALORIES | 45 g PROTEIN | 15 g CARBS | 10 g FAT

INGREDIENTS

- | | |
|---|--------------------------------|
| ✓ 4 boneless center-cut pork chops (about 6 oz. each) | ✓ 3/4 cup bourbon |
| ✓ 1 tsp. salt | ✓ 3 Tbsp. brown sugar |
| ✓ 1 tsp. freshly ground black pepper | ✓ 1 clove garlic, minced |
| ✓ 1/2 tsp. smoked paprika | ✓ 1 tsp. apple cider vinegar |
| ✓ 1 Tbsp. canola oil | ✓ 1 Tbsp. Worcestershire sauce |
| ✓ 1/4 cup low-sodium chicken stock | ✓ 2 Tbsp. pure maple syrup |
| | ✓ 1/2 tsp. ground mustard |

DIRECTIONS

In a small saucepan, combine bourbon, sugar, maple syrup, garlic, worcestershire, vinegar and mustard. Bring to a boil, stirring constantly, then reduce to a simmer and let cook for 10-12 minutes, stirring every now and then. Remove from heat and let sit to thicken.

Pound pork chops with a meat tenderizer, then season on both sides with salt, pepper and paprika. Heat a cast iron (or oven-safe) skillet over medium-high heat. Brush with canola oil and once hot (I let my skillet heat for almost 5 full minutes), add pork chops. Sear on one side for 2-3 minutes, or until golden. Flip and cook for 2-3 minutes more. Turn off heat, add chicken stock to skillet, then place in oven and bake for 15 minutes. My pork chops were about 1 inch thick, so if yours are a bit thicker they may need to bake a little longer. Once finished, pour glaze over top and serve immediately.

05. Chipotle Lime-Marinaded Grilled Pork Chops

Serves 4

A simple pork chop marinade will make a huge difference at dinnertime. Mix it together the night before or first thing in the morning, and leave the pork chops to marinate for at least four hours. When your stomach starts to grumble, just remove the chops from the marinade and throw them on the grill, or into a grill pan. While they cook, you'll have time to make a quick side like a green salad or grilled veggies.

Nutrition Facts (Per Serving) 360 CALORIES | 35 g PROTEIN | 4 g CARBS | 22 g FAT

INGREDIENTS

Chipotle Lime Marinade:

- ✓ 2 chipotle chilies in adobo sauce
- ✓ 2/3 cup lime juice (about 3 medium limes)
- ✓ 2 tsp. dried Italian seasoning
- ✓ 3 Tbsp. fresh cilantro, chopped
- ✓ 2 cloves garlic, peeled and crushed
- ✓ 1/2 tsp. salt
- ✓ 1/4 cup extra-virgin olive oil

Pork Chops:

- ✓ 4 bone-in pork chops (about 6 oz. each)
- ✓ Pinch of freshly ground black pepper
- ✓ Pinch of sea salt

DIRECTIONS

Chipotle Lime Marinade

In a blender add all ingredients and blend.

Pork Chops

Sprinkle chops on both sides with salt and pepper. Set in baking dish or large ziplock bag, add marinade and coat both sides of chops with marinade. Set in refrigerator

for up to 4 to 24 hours. Set chops out on counter for 30 minutes before you place them on grill.

Heat grill to medium high heat. Add chops to grill and close grill cook 4-5 minutes, flip and cook an additional 4-5 minutes.

Lower heat directly under chops and depending on thickness cook until the chops are somewhat firm to the touch or until an instant-read thermometer inserted horizontally into the center of a chop, away from the bone, registers 145°F, about 15 minutes more for medium. Remove from heat let rest for 5 minutes, sprinkle freshly chopped cilantro on top and serve.

06. Pork Chops with Braised Bacon & Apple

Serves 6

If you think pork is boring compared to other proteins, the cookbook *Beyond Bacon: Paleo Recipes That Respect the Whole Hog* will change your mind. Try these braised pork chops, for example, which double up on the pork with bacon.

And they make the best of the classic flavor combo of apples and pork chops with fresh apples, apple juice, and apple cider vinegar. The recipe uses fresh sprigs of rosemary and sage, but you could use a teaspoon each of the dried herbs instead.

Nutrition Facts (Per Serving) 555 CALORIES | 7 g PROTEIN | 17 g CARBS | 21 g FAT

INGREDIENTS

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|---|--|
| ✓ 3 1/3 lb. pork loin chops | ✓ 1 Tbsp. smoked paprika |
| ✓ 8 strips bacon, cut crosswise
into 1/2" pieces | ✓ 1 1/2 tsp. salt, divided |
| ✓ 2 medium onion, thinly sliced | ✓ 2 tsp. freshly ground black
pepper, divided |
| ✓ 1/2 head green cabbage,
shredded | ✓ 1 cup water (or chicken
stock) |
| ✓ 2 cooking apples, cored and
diced | ✓ 1 cup unsweetened apple
juice |

✓ 1/4 cup apple cider vinegar

✓ 2 Tbsp. Dijon mustard

✓ 3 sprigs fresh rosemary, finely
chopped

✓ 3 sprigs fresh sage, finely
chopped

DIRECTIONS

Preheat the oven to 350 degrees F. Cut the bacon slices crosswise into 1/4" wide pieces.

In a large Dutch oven set over medium heat, cook the pieces bacon until nice and crispy. Remove the bacon to a plate with a slotted spoon and set aside.

Pat the pork chops real dry, sprinkle with salt and pepper and add them to the hot bacon fat to brown them nice and good on both sides. Make sure to leave a little bit of room between the pieces of meat to allow good air circulation, else the meat will boil as opposed to brown. You might have to work in 2 or 3 batches, depending on the size of your Dutch oven. When the pork chops have a nice golden crust, remove them to a plate and reserve.

Add the onions to the Dutch oven and cook until slightly softened and caramelized, about 2-3 minutes. Add the paprika, salt and pepper and continue cooking until fragrant, about 1 minute.

Add the cabbage and cook until softened, 2-3 minutes. Throw in the apples and bacon and stir well. Give that another 4-5 minutes cooking time. While that's happening, mix the water (or chicken stock), unsweetened apple juice, apple cider vinegar and Dijon mustard together with a whisk. Pour that over the cabbage mixture, throw in the fresh herbs and stir to combine one final time.

Arrange the pork chops over the cabbage and cover with reserved cabbage leaves to help seal in moisture. Place in the oven and bake for 2 to 2½ hours, until the meat is nice and tender.

Let stand for 15-20 minutes before serving. This will allow the flavours and juices to settle and get nice and comfy, which will result in your dish tasting that much better.

07. Fontina & Caramelized Onion Stuffed Pork Chops

Serves 4

These decadent pork chops are worthy of a holiday, celebration, or special dinner. Since they're stuffed with cheesy bread crumbs and glazed with red currant jelly, these pork chops can even be a turkey alternative for Thanksgiving. And when you make the caramelized onions, it's easy to add in extra to freeze for later meals, like to use as a burger or soup topping.

Nutrition Facts (Per Serving) 492 CALORIES | 52 g PROTEIN | 7 g CARBS | 28 g FAT

INGREDIENTS

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|--|--|
| ✓ 4 very thick bone-in pork chops (about 8 oz. each) | ✓ 1 cup (4 oz.) shredded fontina |
| ✓ 1/2 cup red currant jelly | ✓ 1/4 cup soft bread crumbs |
| ✓ 1 Tbsp. extra-virgin olive oil | ✓ 2 Tbsp. (1/2 oz.) grated Parmesan |
| ✓ 1 1/2 tsp. salt, divided | ✓ 1/2 tsp. freshly ground black pepper |
| ✓ 1 1/2 tsp. garlic powder, divided | ✓ 1/3 cup nonfat plain Greek yogurt |
| ✓ 1/2 cup caramelized onions | |

DIRECTIONS

*2 thinly sliced bone-in rib chops may be substituted for 1 thick loin chop. Stuffing is then sandwiched between the 2 chops

Preheat oven to 350 degrees F. Line a large baking sheet or rectangular baker with foil for easy clean up. Mix all stuffing ingredients in a medium bowl; set aside.

Cut a deep pocket in each chop. Divide stuffing into 4 equal portions; stuff each chop and place on prepared pan. Brush each chop with the olive oil and sprinkle with salt & garlic powder.

Roast at 350 degrees F for 45 minutes. Brush each chop with currant jelly. Return to oven and cook for 15-20 more minutes, or until chops are done and no pink remains in meat (thinner chops will require less time--about 45 minutes TOTAL cook time).

Brush with additional currant jelly before serving.

08. Bruschetta Style Pork Chops

Serves 4

These are two dishes you've never considered combining, but the results are unbelievable. And this is a great recipe to make the most of fresh tomatoes.

Dice them up with red onion, garlic, and basil to make the bruschetta topping. Let that marinate in olive oil and balsamic vinegar while the pork chops are grilled. When they're nearly finished, the chops are treated like the bread in bruschetta – covered in mozzarella, and place under the boiler to get awesomely melty.

Nutrition Facts (Per Serving) 414 CALORIES | 54 g PROTEIN | 7 g CARBS | 18 g FAT

INGREDIENTS

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|---|---|
| ✓ 4 boneless pork chops (about 6 oz. each) | ✓ 1 1/2 Tbsp. balsamic vinegar, plus more for drizzle |
| ✓ 2 large tomatoes (very firm), diced small | ✓ 1/2 tsp. salt |
| ✓ 1/2 large red onion, finely diced | ✓ Handful fresh basil, sliced into thin strips |
| ✓ 4 cloves garlic, finely minced | ✓ 1 cup (4 oz.) shredded mozzarella |
| ✓ 2 Tbsp. extra-virgin olive oil, plus more for basting | ✓ Salt and freshly ground black pepper to taste |

DIRECTIONS

Preheat your grill on high for at least 10 minutes. Make your bruschetta topping by gently tossing together the tomatoes, onion, garlic, olive oil, balsamic vinegar, ½ teaspoon salt, and basil leaves. Set aside.

Season your pork chops with salt and pepper on both sides. Just before placing on the grill, lightly baste with olive oil to prevent sticking. Grill for 3+ minutes per side depending on the thickness of your chops. Remove the meat at 140°F.

Top chops with mozzarella cheese and place under your broiler for about one minute, until the cheese is bubbly and slightly browned. Let rest for at least 5 minutes to redistribute juices. Top with a heaping spoonful of the bruschetta mixture, and drizzle with balsamic vinegar.

09. Orange-Simmered Pork Chops with Mango Relish

Serves 4

These are pork chops like you've never tasted them before. One bite will take you to a tropical location thanks to mango, pineapple, and orange relish. And in the skillet, the pork chops are seared and then glazed with orange juice and honey.

Nutrition Facts (Per Serving) 350 CALORIES | 24 g PROTEIN | 27 g CARBS | 17 g FAT

INGREDIENTS

Mango Relish:

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|--|--------------------------------------|
| ✓ 1 mango, peeled and chopped | ✓ 1 small banana pepper, sliced |
| ✓ 1 cup pineapple chunks | ✓ 1 tsp. finely shredded orange peel |
| ✓ 1 small orange or clementine, peeled and segmented | ✓ 1/4 cup orange juice |
| ✓ 1/4 cup chopped red onion | ✓ 1/8 tsp. cayenne pepper |

Pork Chops:

- | | |
|---|----------------------------------|
| ✓ 4 bone-in pork loin chops
(about 4 oz. each) | ✓ 1 Tbsp. extra-virgin olive oil |
| ✓ 1/2 tsp. chili powder | ✓ 1/2 cup orange juice |
| ✓ 1/2 tsp. salt | ✓ 2 tsp. pure honey |
| ✓ 1/4 tsp. freshly ground black pepper | ✓ 1/2 cup water |
| | ✓ Fresh cilantro |

DIRECTIONS

For mango relish, in a medium bowl stir together mango, pineapple, orange segments, the 1/4 cup orange juice, red onion, banana pepper (if desired), orange peel, and cayenne pepper; set aside.

Sprinkle pork chops with chili powder, salt, and pepper. In a large skillet, heat oil over medium-high heat. Add two pork chops. Brown 3 minutes each side. Remove from skillet. Add remaining pork chops to skillet; brown 3 minutes each side. Add first two pork chops back to the skillet.

In a small bowl, whisk together the 1/2 cup orange juice and honey; add to the skillet. Add the 1/2 cup of water. Reduce heat to low. Simmer, covered, for 5 minutes or until pork chops are done (145 degrees F). Spoon mango relish over pork. Cover; simmer 1 minute more. Remove pork chops and relish from pan; cover to keep warm. Return pan to high heat. Simmer juices, uncovered, 5 minutes or until reduced by half. Serve pork chops with mango relish. Drizzle with pan juices and sprinkle with fresh cilantro.

10. Oven "Fried" Breaded Pork Chops

Serves 6

Get the flavor and crispy breaded outside you love from fried pork chops, only with less grease. They're family-friendly in every way: kids love them for the simplicity, and adults will be thrilled with the macros. They're low-carb with a mix of Parmesan,

panko bread crumbs, and crushed cornflakes for the coating. And since these baked pork chops take just 20 minutes, you can prepare them even on a busy weekday.

Nutrition Facts (Per Serving) 378 CALORIES | 33 g PROTEIN | 8 g CARBS | 13 g FAT

INGREDIENTS

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|--|--|
| ✓ 6 center-cut boneless pork chops, trimmed (about 5 oz. each) | ✓ 2 Tbsp. (1/2 oz.) grated Parmesan |
| ✓ Salt to taste | ✓ 1 1/2 tsp. sweet paprika |
| ✓ 1 large egg, beaten | ✓ 1/2 tsp. garlic powder |
| ✓ 1/2 cup panko bread crumbs | ✓ 1/2 tsp. onion powder |
| ✓ 1/2 cup crushed cornflakes | ✓ 1/4 tsp. chili powder |
| | ✓ 1/8 tsp. freshly ground black pepper |

DIRECTIONS

Preheat oven to 425 degrees F. Spray a large nonstick baking sheet lightly with oil. Season pork chops on both sides with 1/2 tsp kosher salt.

Combine panko, cornflake crumbs, parmesan cheese, 3/4 tsp kosher salt, paprika, garlic powder, onion powder, chili powder and black pepper in a large shallow bowl. Place the beaten egg in another. Dip the pork into the egg, then crumb mixture. Place on the prepared baking sheet and repeat with the remaining chops. Lightly spray a little more oil on top of the pork and bake in the oven for 20 minutes.

11. Lemon Rosemary Pork Chops

Serves 4

These grilled pork chops, with fresh herbs and bright lemon, are ideal for a summer cookout. And the fresh rosemary takes the classic lemon and pepper combo to another level of flavor. It's rounded out with tangy Dijon mustard and salty Pecorino Romano cheese.

The recipe includes an arugula salad, so you don't have to worry about making anything else to complete this entrée.

Nutrition Facts (Per Serving) 385 CALORIES | 37 g PROTEIN | 2 g CARBS | 25 g FAT

INGREDIENTS

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|---|--|
| ✓ 2 cloves garlic | ✓ 1 Tbsp. extra-virgin olive oil |
| ✓ 1/2 tsp. coarse salt | ✓ 2 tsp. lemon juice |
| ✓ 2 tsp. lemon zest | ✓ 1/2 tsp. Dijon mustard |
| ✓ 2 tsp. chopped rosemary | ✓ 4 cups baby arugula |
| ✓ 4 bone-in pork chops (about 6 oz. each) | ✓ 1/4 cup (1 oz.) grated Pecorino Romano |
| ✓ Freshly ground black pepper to taste | |

DIRECTIONS

Preheat grill to medium-high heat.

Mince garlic. Sprinkle 1/2 teaspoon salt over the garlic and mash with the side of a chef's knife to create a paste. Set 1/4 teaspoon of the paste aside in a large bowl and add the remaining pinch of salt. Scrape the remaining garlic paste into a small dish. Add lemon zest and rosemary and stir to combine.

Rub rosemary mixture over both sides of the pork chops. Sprinkle with pepper. Grill Pork chops until just barley pink in the center, 3 to 5 minutes per side.

Whisk lemon juice, olive oil and Dijon in the large bowl with the garlic paste. Add arugula. Toss to coat. Serve pork chops with the arugula and top with the Pecorino.

12. Salty Grilled Pork Chops with Sage

Serves 4

After you cook them for a few minutes on each side, remove the chops from the grill. Quickly cover them with foil so they can finish cooking while they rest. In about ten minutes, your grilled pork chops will be tender and juicy.

Nutrition Facts (Per Serving) 246 CALORIES | 45 g PROTEIN | 1 g CARBS | 6 g FAT

INGREDIENTS

- ✓ 4 boneless pork chops (about 6 oz. each)
- ✓ Sea salt and freshly ground black pepper to taste
- ✓ Dried sage to taste

DIRECTIONS

Wash and pat dry pork chops. Sprinkle generously with salt, pepper and sage. Bring grill temperature to medium heat. Grill pork chops for 3-4 minutes per side. Remove from heat and cover with foil. Let rest for 10 minutes.

13. Pork Chops in a Mushroom Burgundy Sauce

Serves 4

First these pork chops get browned in a skillet with butter, and then they're finished in the oven.

Meanwhile you'll be making the homey yet decadent sauce. Sauté mushrooms and onions, and once they start to soften, turn them into a tasty gravy with a bit of flour and a bunch of red wine.

Nutrition Facts (Per Serving) 333 CALORIES | 46 g PROTEIN | 7 g CARBS | 9 g FAT

INGREDIENTS

- ✓ 4 boneless pork chops (about 6 oz. each)
- ✓ 1 Tbsp. butter
- ✓ 1 large onion, diced

✓ 1 1/2 cups sliced mushrooms

✓ 1 Tbsp. flour

✓ Salt and freshly ground black pepper to taste

✓ 3/4 cup burgundy wine

DIRECTIONS

Cook chops in butter in skillet just until browned on both sides. Remove from skillet and place in a baking dish. Saute onions and mushrooms in skillet drippings. Sprinkle with flour, salt and pepper. Blend in wine; cook and stir until thickened and bubbly. Pour over chops; cover with foil. Bake at 350 degrees for 50 to 60 minutes or until tender. Serve with hot cooked rice.

14. Crockpot Applesauce Pork Chops

Serves 4

If you have a slow cooker, it takes no effort to make perfect pork chops. Seriously, just dump them into the crock with applesauce. Leave them to cook on low all day, and in the evening, you'll have juicy and tender pork chops.

Nutrition Facts (Per Serving) 296 CALORIES | 45 g PROTEIN | 14 g CARBS | 6 g FAT

INGREDIENTS

✓ 4 boneless pork chops (about 6 oz. each)

✓ 1 Tbsp. minced onion (optional)

✓ 2 cups unsweetened applesauce

DIRECTIONS

Lightly spray your crockpot with non-stick cooking spray. Combine all ingredients in crockpot. Place lid on and cook on low 8 hours.

15. Smoked Pork Chops

Serves 4

For perfectly smoked pork chops, you'll need to cook them low and slow for about an hour and a half. But boy is it worth the wait. When the chops are almost finished, you can shave off a few minutes by searing the meat over direct heat. Either way, you'll want to pull the pork chops when they have an internal temperature of about 140°F. Then let them rest for a few minutes to finish.

Nutrition Facts (Per Serving) 346 CALORIES | 35 g PROTEIN | 12 g CARBS | 15 g FAT

INGREDIENTS

Smoked Pork Chops:

- ✓ 4 thick-cut bone-in pork loin chops (about 6 oz. each)
- ✓ 1 oz. Montreal steak seasoning
- ✓ 1/4 cup BBQ rub

Apple Brine:

- ✓ 8 cups unsweetened apple juice
- ✓ 1/2 cup salt
- ✓ 1/2 cup BBQ rub
- ✓ 1 cup light brown sugar

DIRECTIONS

Heat apple juice in stock pot. Add sugar, salt, and dry rub and continue to heat until dissolved. Allow the brine to cool before using.

You can make the brine ahead of time and hold it in the refrigerator until ready to use.

About 30 minutes before the chops come out of the brine go ahead and start the smoker. The cooking temperature needs to be right at 250 degrees with light smoke.

If you're using a charcoal or propane grill, set it up for indirect cooking. We want to slow the cooking down so the meat gradually comes up to temp.

Remove the chops from the brine and drain any excess liquid. Let them sit out for 10-15 minutes on the counter before seasoning.

The brine adds flavor and moisture to the inside of the meat, so now we need to get some on the outside. I start with a base coat of The BBQ Rub. It doesn't have to be heavy; just get a good covering on all sides. On top of that I sprinkle on a little Montreal Steak Seasoning.

Place the chops on the smoker and keep an eye on the internal temperature. Even though we're cooking at 250 these chops don't take long. The target temperature for loin chops is 145 degrees, but you want to get them off at 140 to allow for 5 degrees of carry over. You can expect a 1 ½ hour cook time.

Rest the chops for 5-10 minutes before serving to allow for the carry over. The final product is packed with taste and moisture.

16. Kale-Stuffed Pork Chops

Serves 4

When you butterfly pork chops, you don't need to have your salad on the side. Instead you can stuff kale right in the middle of the meat.

Most recipes will have you butterfly them before cooking, but here, the pork chops are cooked first before the bone is removed and they're sliced open. Flatten each pork chop out to make a butterfly shape, and fill the middle with kale, which has been prepared by boiling with a smoked ham hock.

Nutrition Facts (Per Serving) 363 CALORIES | 36 g PROTEIN | 4 g CARBS | 23 g FAT

INGREDIENTS

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|----------------------|----------------------------------|
| ✓ 1 smoked ham hock | ✓ Salt and freshly ground black |
| ✓ 3 quarts water | pepper to taste |
| ✓ 1 large bunch kale | ✓ 1 Tbsp. extra-virgin olive oil |



4 thick-cut bone-in pork

chops (about 6 oz. each)

DIRECTIONS

In a large pot, bring 3 quarts of water to a boil and add smoked meat. Reduce heat to medium and cook for 1 hour.

Meanwhile, wash the kale thoroughly by filling the sink with water and a palm full of kosher salt (the salt helps remove any impurities) and wash the kale thoroughly to remove any grit. Repeat this process three or four times or until there is no grit left on the bottom of the sink; drain.

Tear greens into large pieces and discard the thick vein. Discard any leaves that are bruised or yellow.

When the pot ham hock has boiled for at least an hour, place greens in pot with meat and season with salt and pepper. You may need to add the kale in bunches. Add a bunch then press down with a spoon. This doesn't take long.

Cover with a lid and cook the kale for 45 to 60 minutes, stirring occasionally. When done, taste and adjust seasoning as needed.

During the last 45 minutes of cooking the kale, preheat oven to 350 degrees F. Remove pork chops from the refrigerator. Pat the chops dry and sprinkle liberally with salt and pepper. Allow them to come up to room temperature.

Heat the olive oil in a heavy cast-iron pan over medium-high heat. When it's shimmering hot add the pork chops. Sear on one side, without moving them at all, until they are nice and golden brown on the first side, about 3 to 5 minutes.

Flip and the pork chops and then place the pan inside the oven to finish cooking the pork chops, about 10 to 20 minutes, depending on thickness.

Remove the pork chops from the oven and let them rest, wrapped in foil, for a few minutes before cutting into them.

Butterfly the pork chops: Using a sharp knife, remove bone and slice down length of chop without cutting all the way through; spread and flatten out to form a butterfly shape. Add a couple spoonfuls of the kale into the middle of the butterflied pork chop and serve.

17. Pan-Seared Pork Chop

Serves 2

All you need for amazing pork chops is a good frying pan. Aside from that, this recipe only requires salt, pepper, and olive oil. That means the only thing to focus on is your cooking technique.

Be sure to wait until the oil is heated enough – wait until it starts to shimmer. Lay the pork chops in the pan, and leave them to sear for several minutes. Flip to finish the other side, and wrap them in foil to gently finish. That way your pork chops won't be overdone.

Nutrition Facts (Per Serving) 347 CALORIES | 35 g PROTEIN | 0 g CARBS | 22 g FAT

INGREDIENTS

✓ 2 bone-in pork chops (about
6 oz. each)

✓ Salt and freshly ground black
pepper to taste

✓ 2 Tbsp. extra-virgin olive oil

DIRECTIONS

Pat chops dry and sprinkle them very liberally with salt and pepper. Heat your skillet to medium high and add the olive oil. When it's shimmering hot and not a moment before, add your chops. Sear on one side, without moving them at all, until they are nice and golden brown on the first side, about 3-5 minutes. Flip and sear the other side until browned. Remove them from the heat and let them rest, wrapped in foil, for a few minutes before cutting into them.

18. Mustard Seed & Flax-Crusted Pork Chops

Serves 4

You don't need to use bread crumbs to enjoy pork chops with a crispy coating. This pork chop recipe uses nutrient-rich seeds instead. First, season with salt to pull moisture out of the pork, and then let it sit in the coating mixture for a few minutes until it sticks. Meanwhile, heat up an oven-proof pan, and fry them in oil until the outside turns golden brown.

Nutrition Facts (Per Serving) 524 CALORIES | 41 g PROTEIN | 11 g CARBS | 32 g FAT

INGREDIENTS

- | | |
|--|---|
| ✓ 4 thick-cut, bone-in pork chops (about 6 oz. each) | ✓ 1 Tbsp. fresh oregano, chopped |
| ✓ 1 cup ground flaxseed | ✓ 1/4 cup safflower oil |
| ✓ 2 Tbsp. whole yellow mustard seeds | ✓ Salt and freshly ground black pepper to taste |

DIRECTIONS

Pre-heat oven to 425 degrees F.

Season the pork with salt and pepper. Set aside on the countertop. This allows the pork to warm up a little, and also lets the salt pull a little moisture to the surface.

Blend your flax, mustard seeds and fresh oregano. Place your pork into the breading and coat both sides, as well as the edges. Allow the pork to hang out in the breading mixture for a few minutes, turning it and re-coating it every once and again. This will help develop a slightly thicker coating.

Pre-heat an oven proof pan, over medium-high heat. Place your oil into the pan and watch for the oil to very slightly "ripple". Once the surface ripples, place your pork chops into the pan. Don't let them crowd or touch one another.

Turn the heat down to a low-medium. Allow them to fry until the bottom is golden brown. Flip the pork chops and place them into the oven, still in the pan. Once the internal temperature of the pork reaches 140 degrees F, remove from the oven.

Cover the pork with foil and allow it to rest for 10 minutes, before serving.

19. Chai-Spiced Fruit Pork Chops

Serves 4

In the dead of winter, these spiced pork chops will be sure to warm you up. And you won't believe how easy it is to infuse them with flavor using an ordinary tea bag. The tea is first reduced with water and honey, and then the mixture coats dried figs and raisins. After that, the tea and spices on the inside of the second bag become the pork chop coating.

A quick pan-sear is all that's needed to finish dinner, and about ten minutes later, it's time to devour everything.

Nutrition Facts (Per Serving) 684 CALORIES | 54 g PROTEIN | 79 g CARBS | 21 g FAT

INGREDIENTS

- | | |
|---|---------------------------|
| ✓ 4 boneless center-cut pork chops (about 6 oz. each) | ✓ 2 chai tea bags |
| ✓ 1 cup raisins | ✓ 3/4 cup water |
| ✓ 1 cup dried figs, chopped | ✓ 1 Tbsp. salt |
| ✓ 1 cup shelled pistachios | ✓ 1 Tbsp. ground cinnamon |
| ✓ 2 Tbsp. honey | ✓ 1 tsp. garlic powder |

DIRECTIONS

First let's get your chai fruit compote ready: In a small saucepan, add your water, 1 chai tea bag (spices still in bag), and honey under medium heat. Let that start to caramelize. Once the mixture is beginning to thicken just a bit, add your dried fruit. When the mixture has thickened, add ½ chai tea bag (the spices from the bag) to the fruit compote as well as the pistachios. Mix well, remove from heat.

Now make those pork chops:

Season pork chops with salt, cinnamon, garlic powder, and the leftover ½ chai tea bag spices on both sides of the chops.

Add a bit of fat (bacon, coconut oil, olive oil) to a large skill over medium-high heat. Cook pork chops (time will range depending on thickness) on both side for about 4-5 minutes per side.

Top cooked pork chops with chai fruit compote. It should still be warm. I don't know if you know this, but sugar gets REALLY hot. My mouth is just now healing.

20. Balsamic Pork Chop with Pear & Radicchio

Serves 2

It's possible to keep a pork chop healthy while making it gourmet. These are pan-seared with a bit of olive oil, basted in butter, and then coated in balsamic vinegar until it gets thick and syrupy.

You can pair those balsamic glazed pork chops with almost any side dish, but they'll be especially impressive with roasted pears and radicchio. Put it all together, and you'll have a restaurant-ready plate for a fraction of the cost.

Nutrition Facts (Per Serving) 662 CALORIES | 34 g PROTEIN | 37 g CARBS | 44 g FAT

INGREDIENTS

- | | |
|---|--|
| ✓ 2 bone-in pork chops (about 6 oz. each) | ✓ 1/2 cup balsamic vinegar |
| ✓ Salt and freshly ground black pepper to taste | ✓ 2 Anjou pears, quartered and thinly sliced |
| ✓ 2 Tbsp. extra-virgin olive oil, divided | ✓ 1 head radicchio, halved and thinly sliced |
| ✓ 1 Tbsp. butter | ✓ Splash of apple cider vinegar |
| | ✓ Fresh thyme |

DIRECTIONS

For the pork chops:

Season the pork chops on both sides with salt and pepper. Heat olive oil in a medium-large pan over moderate heat then add the pork chops. Sear the chops in the pan for 2–3 minutes to give them a nice crust.

Once both sides of the pork chops have been seared, add the butter to the pan and continue to cook by basting them with the melted butter for about 1 minute, then add the balsamic vinegar and reduce in the pan until it becomes syrupy, turning the chops over halfway, for about 4 more minutes.

Once the pork chops are cooked (should be firm but still a touch springy), remove from the pan and let rest.

For the radicchio and pears:

While pork chops are cooking, cook the pear slices in a separate pan over medium-low heat with a little olive oil. Once the pears have softened slightly (about five minutes), add the radicchio and cook for another 2–3 minutes until they begin to wilt.

Toss with cider vinegar and add thyme, then remove from heat and season as needed. To serve, plate the radicchio and pears over the pork chop and drizzle the balsamic reduction over the top.

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