

Pork Chops with Dijon Cream Sauce

Pork Chops with Dijon Cream Sauce

Serves 4, 4 FSP per serving

- 4 4 oz boneless, center cut pork chops
- 1/2 tsp salt
- 1/2 tsp pepper
- 2/3 cup chicken broth
- 3 Tbsp dijon mustard
- 2/3 cup fat free half and half
- 1 Tbsp corn starch
- 1 Tbsp water

1. Trim fat from chops. Sprinkle both sides of chops evenly with salt and pepper.
2. Coat a large non stick skillet with cooking spray, place over medium high heat until hot. Add chops to skillet and cook 3-4 minutes on each side or until browned.
3. Move chops to a plate. Add broth to skillet, stirring to loosen brown bits. Mix in mustard and half and half. Add chops back into skillet.
4. Bring to a boil. Mix cornstarch and water into a slurry and whisk into pan. Turn down to a simmer and let cook about 7 minutes. Serve sauce over chops.

