

Pork with Garlic Cream Sauce

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Serves 4 (1 – 3 oz. cooked pork chop + 2 Tbsp sauce)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

- 4 4 oz boneless, lean pork chops
- 1 tsp olive oil
- 2 cloves garlic, minced
- 1 Tbsp butter
- 1/3 cup 1% milk
- 3 oz light cream cheese
- 1 Tbsp minced chives
- 1 tsp toasted sesame seeds, divided

1. In a large skillet, heat olive oil. Cook pork chops until nicely browned and cooked through. Remove from pan and keep warm
2. Place butter in the same pan the pork chops were cooked in and let heat/melt.
3. Saute garlic in butter for 30 seconds.
4. Stir in milk and cream cheese. Reduce heat; cook and stir until blended and smooth. Stir in chives.
5. Plate pork chop, drizzle with 2 Tbsp sauce and sprinkle with sesame seeds.

Main Course

Pork

pork chops