

HONEY GLAZED PORK CHOPS



Ingredients

Servings: 12

- 3/4 cup less-sodium soy sauce
- 1/4 cup honey
- 3/8 cup unsweetened applesauce
- 3 tablespoons sugar
- Twelve 5-ounce raw, center-cut, bone-in pork chops
- 3/4 cup less-sodium soy sauce
- 1/4 cup honey
- 3/8 cup unsweetened applesauce, bulk
- 3 tablespoons sugar, granulated

- Heat the oven: 300 F regular, 250 F convection.
- Combine 3/4 cup soy sauce, 1/4 cup honey, 3/8 cup applesauce and 3 tablespoons sugar. Pour over the pork chops and marinate for 4 hours.
- Combine 3/4 cup soy sauce, 1/4 cup honey, 3/8 cup applesauce and 3 tablespoons sugar in a pan to make a basting sauce. Bring to a boil. Reserve for use in the next step.
- Remove the pork chops from marinade, and then discard the marinade. Place the chops in a single layer on a greased baking sheet. Baste frequently with basting sauce until the internal temperature reaches 155 F. Baking time: 1 hour in a regular oven, 45 minutes in a convection oven.

Side dishes

- Garlic Roasted Potatoes
- Sautéed Green Beans and Cherry Tomatoes

