

DIABETIC RECIPE OF THE MONTH — January 2007

Glazed Pork Chops

- 2 pork chops, 1-inch thick
- 2 tablespoons olive oil
- ¼ cup cider vinegar
- 1 ½ teaspoons Splenda
- ½ teaspoon soy sauce
- 1 small onion, thinly sliced

Brown the pork chops in the oil. In a small bowl, combine the vinegar, Splenda, and soy sauce. When the chops are brown, pour the vinegar mixture over the chops. Scatter the onion on top. Cover, and cook on low heat. Simmer on low, turning the chops at least once, for 45 minutes or until the pan is almost dry. Serve the chops with the onions and the thickened pan liquid poured over them.

YIELD: 2 servings

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