



**serving size:** 4 | **prep time:** 30 minutes | **cook time:** 30 minutes | **cut:** chop | **method:** grill

## lemon oregano grilled pork chop

Oregano with lemon juice and zest adds a fresh zip to these grilled pork chops.

### INGREDIENTS:

4 *Chairman's Reserve*® boneless pork loin chops, cut 1" thick, and 8 ounces each

2 tablespoons finely chopped fresh oregano  
or 1 tablespoon dried oregano

1 ½ teaspoons finely grated lemon zest

2 tablespoons fresh lemon juice

1 tablespoon extra-virgin olive oil

2 garlic cloves, finely chopped

1 teaspoon coarse (kosher) salt

½ teaspoon hot pepper flakes

### DIRECTIONS:

1. In a small bowl, mix oregano, lemon zest and juice, oil, garlic, salt and red pepper flakes well with a fork. Spread over both sides of pork.
2. Prepare grill for direct and indirect cooking over high heat (500°F). Preheat grill, then turn one burner off (or, for a charcoal grill, leave outer edge of the grate free of coals). Lightly oil grill grates.
3. Grill chops, with lid closed, until well-seared with grill marks, turning once, about 2 minutes per side. Move to cooler part of the grill. Grill until internal temperature reads 145°F on an instant-read thermometer, 15 to 18 minutes more. Remove chops from grill and let stand for 3 to 5 minutes. (The temperature will rise about 5°F during this time.)

**servings:** ¼ | **calories:** 360 | **total fat:** 18g | **sodium:** 560mg | **total carbohydrate:** 2g | **protein:** 45g