



## Americas Favorite Pork Chops

4 pork chops, about 3/4-inch thick  
3/4 cup Italian dressing \*  
1 teaspoon Worcestershire sauce

### Cooking Directions

Place all ingredients in a self-sealing bag; seal bag and place in refrigerator for at least 20 minutes (or as long as overnight). Remove chops from bag, discarding marinade, and grill over a medium-hot fire, turning once, until just done, about 8 to 11 minutes total cooking time.

Serves 4.

\* Or use a reduced-fat Italian dressing

### Serving Suggestions

An easy way to marinate your pork chops. Serve with sliced tomatoes in vinegrette, broccoli spears and garlic mashed potatoes.

### Nutrition Facts

<b>Calories</b> 210 calories	<b>Protein</b>
<b>Fat</b> 11 grams	<b>Sodium</b> 140 milligrams
<b>Cholesterol</b> 60 milligrams	3 grams
<b>Carbohydrates</b> 1 grams	