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Pork Chops au Poivre

Makes 4 servings.

Active Time: 20 minutes

Total Time: 20 minutes

Per Serving: 299 calories, 15 g fat, 72 mg cholesterol; 3 g carbohydrate, 22 g protein, 0 g fiber, 342 mg sodium, 319 mg potassium

Turn your dining room into a French bistro when you dress up pepper-crusted pork chops with a rich, creamy brandy sauce. If your market has a great price (or you just have a hankering) for sirloin steak or either boneless chicken breast or thighs, the substitution for pork is seamless. Serve with roasted sweet potatoes and green beans.

1 teaspoon coarsely ground black pepper
1/2 teaspoon salt, divided
4 4-ounce boneless pork chops, 1/2-inch thick, trimmed
3 tablespoons all-purpose flour
2 tablespoons extra-virgin olive oil
1 medium shallot, minced
1/2 cup brandy
1/4 cup reduced-fat sour cream

1. Combine pepper and 1/4 teaspoon salt in a small bowl. Pat the mixture onto both sides of each pork chop. Place flour in a shallow dish; dredge each chop in the flour, shaking off any excess (discard any remaining flour).

2. Heat oil in a large skillet over medium-high heat. Add the chops, reduce heat to medium, and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.

3. Reduce heat to medium-low. Add shallot to the pan and cook, stirring, until softened, about 1 minute. Add brandy and cook, stirring and scraping up any browned bits, until most of the liquid has evaporated, 1 to 2 minutes. Remove from the heat; stir in sour cream and the remaining 1/4 teaspoon salt. Serve the pork chops with the sauce.