



Total Time: **15 minutes**

Prep Time: **15 minutes**

ingredients (Servings: 6)

Six 6 oz. pork chops (1 inch thick)

1 teaspoon salt

1 teaspoon pepper

2 teaspoons vegetable oil

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directions

step 1: Season chops with salt and pepper.

step 2: Heat oil in skillet over high heat until hot. Add the pork chops and sear on each side for 1 minute.

step 3: Reduce heat to low and cover pan. Cook chops for about four minutes on both sides until done.

step 4: Serve topped with Cranberry-Pineapple Chutney.

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