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Greek Style Pork Chops

- 2 Tbsp red wine vinegar, divided
- 1 Tsp dried oregano
- 2 Tsp olive oil, divided
- 2 Garlic cloves, minced
- 4 (4-ounce) boneless center-cut loin pork chops
- 3/4 Cup plain fat-free Greek-style yogurt
- 1 Tbsp chopped fresh dill
- 1/2 Tsp salt, divided
- 1 1/2 Cups diced plum tomatoes (about 2 medium)
- 1 Cup diced seeded cucumber
- 1/2 Cup diced red onion
- Cooking spray

- 1) Combine 1 tablespoon red wine vinegar, oregano, 1 teaspoon olive oil, and garlic in a zip-top plastic bag. Add pork to bag, and seal. Marinate for 20 minutes at room temperature, turning after 10 minutes. Combine remaining 1 tablespoon vinegar, remaining 1 teaspoon oil, yogurt, 1 tablespoon dill, and 1/8 teaspoon salt, stirring well with a whisk. Cover and chill. Combine tomatoes, cucumber, and onion. Sprinkle tomato mixture with 1/8 teaspoon salt; toss to combine.
- 2) Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove pork from bag, and discard marinade. Sprinkle both sides of pork evenly with remaining 1/4 teaspoon salt. Add pork to pan, and cook for 4 minutes on each side or until desired degree of doneness. Remove pork from pan, and let stand for 2 minutes. Place 3/4 cup tomato mixture on each of 4 plates, and top each serving with 1 pork chop and about 3 tablespoons yogurt mixture.

Makes 4 Servings

