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Pork Chop with Pomegranate Glaze

- 1/8 Tsp salt
- 1/8 Tsp ground cinnamon
- 1/8 Tsp pepper
- 1 Boneless pork loin chop, cut about 1 inch thick (5 oz.)
- 1/4 Cup pomegranate juice
- 1 Tsp sugar
- 2 Tsp sliced green onions

- 1) In small bowl stir together salt, cinnamon and pepper. Rub on both sides of pork chop.
- 2) In small nonstick skillet coated with cooking spray cook pork chop over medium heat for 7 to 10 minutes or until lightly browned and nearly done, turning once. Remove from skillet. Keep warm.
- 3) In same skillet combine pomegranate juice and sugar. Bring to boiling. Boil, uncovered, for 2 to 3 minutes or until mixture is reduced to half. Return pork chop to skillet. Cook, uncovered, about 1 minute more or until sauce thickens slightly and pork chop is done. Transfer to serving plate. Sprinkle with onions.

Makes 1 Serving