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Seared Pork Chops with Red Currant Sauce

- 2 Tsp olive oil
- 4 (6-ounce) bone-in center-cut loin pork chops, trimmed (about 1/2 inch thick)
- 1 Tsp ground coriander
- 3/4 Tsp salt, divided
- 1/4 Cup chopped shallots
- 1/4 Tsp dried thyme
- 2 Garlic cloves, minced
- 2 Tbsp cider vinegar
- 1 Cup fat-free, less-sodium beef broth
- 1/3 Cup red currant jelly
- 1/4 Tsp freshly ground black pepper
- 1 Tsp cornstarch
- 1 Tsp water Chopped fresh chives (optional)

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pork chops with coriander and 1/2 teaspoon salt. Add pork to pan; cook 3 minutes on each side. Remove from pan. Add shallots, thyme, garlic, and remaining 1/4 teaspoon salt to pan; sauté 1 minute. Stir in vinegar; cook 15 seconds or until liquid almost evaporates. Stir in broth; bring to a boil. Cook until reduced to 2/3 cup (about 3 minutes). Add jelly and pepper; cook 2 minutes or until jelly melts.

Combine 1 teaspoon cornstarch and 1 teaspoon water in a small bowl. Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly. Add pork chops to pan; cook 1 minute or until thoroughly heated. Garnish pork chops with chives, if desired.

Makes 4 Servings

