

RECIPE OF THE WEEK

Pork Chops With Mushrooms and Shallots

Ingredients

- 1 tsp. Olive Oil
- 4 pork loin chops (with bone) – 1 inch thick and trim fat
- 1/2 tsp. salt
- Freshly ground pepper
- 1/4 cup chopped shallots
- 1 cup fat-free chicken stock
- 10 oz sliced baby Bella mushrooms
- 1 tbsp. Dijon mustard
- 2 tbsp. parsley – freshly chopped



Preparation

1. In a large frying pan, heat up oil over moderately low heat
2. Season pork with salt and pepper
3. Now raise heat to medium and add the chops to the pan and sauté for 7 minutes
4. Turn and cook until chops are browned and done to medium – about 7-8 minutes longer
5. Remove the chops and put in a warm spot
6. Add shallots to the pan and cook, stirring, until soft, for about 3 minutes
7. Add the stock to deglaze the pan, stir in the mustard, 1 tbsp. parsley, then add mushrooms
8. Season with fresh pepper and cook about 3 minutes, or until mushrooms are done
9. Put the chops on a platter and pour the mushroom sauce over the meat
10. Top with remaining parsley and serve

