

GRILLED PORK CHOPS



SERVING SIZE

4



INGREDIENTS

ITEM

Olive Oil
Apple Cider Vinegar
Paprika
Onion Powder
Garlic Powder
Oregano

QUANTITY

2 Tbsp.
2 Tbsp.
2 Tbsp.
1 Tbsp.
1 Tbsp.
1 Tsp.

ITEM

Salt
Pepper
Boneless Pork Chops

QUANTITY

1 Tsp.
1 Tsp.
4 (1-Inch thick)



PREPARATION

- In a small bowl, whisk together olive oil, apple cider vinegar, paprika, onion powder, garlic powder, oregano, salt, and pepper.
- Place pork chops in a shallow dish or zip-top bag. Pour marinade over the chops and turn to coat evenly.
- Let marinate in the refrigerator for at least 30 minutes (up to 2 hours for deeper flavor).
- Heat grill or grill pan to medium-high heat. Lightly oil the grates if needed.
- Remove pork chops from marinade and grill for 4-5 minutes per side, or until internal temperature reaches 145°F (63°C) and grill marks form.
- Let pork chops rest for 3-5 minutes before serving.
- Serve warm with non-starchy veggies or a fresh herb salad and enjoy!