

# Maple-Balsamic Boneless Pork Chops

This one is a real keeper! One bite and you won't believe all that incredibly flavour is courtesy of just a few basic ingredients. Plus, this tasty dish takes under 20 minutes to get on the table, so it's a perfect quick and easy week night meal.

Prep time: 5 minutes

Cooking time: 10-15 minutes

Serves 4

## **Ingredients:**

1 T. extra virgin olive oil  
4 4-oz. boneless pork chops  
Salt and black pepper, to taste  
 $\frac{1}{2}$  c. balsamic vinegar  
 $2\frac{1}{2}$  T. real maple syrup

## **Directions:**

1. Heat olive oil in a large, heavy-duty skillet over medium-high heat.
2. Season pork chops on each side with salt and pepper, to taste, and add to the pre-heated skillet. Brown pork chops on each side, approximately 3 minutes per side. Remove pork chops from pan and set aside on a rimmed dish.
3. Add balsamic vinegar and maple syrup to hot skillet and bring to a boil, stirring constantly. Reduce heat to medium and cook mixture until it is reduced to about  $\frac{1}{3}$  of its original volume. When ready, the glaze will become thick and syrupy. (Do not overcook or the mixture will become hard and sticky).

4. Return the pork chops to the skillet along with the juices that collected on the plate. Stir liquid to blend juices into the syrup and cook for another 1-2 minutes.

Transfer chops to a serving platter or individual serving plate and drizzle with pan sauce. Serve immediately with **Roasted Brussels Sprouts** or your choice of sides.