

## Honey Mustard Pork Chops



### **Ingredients:**

4 Pork chops  
1/3 cup orange juice  
1 tablespoon soy sauce  
2 tablespoons honey mustard

### **Instructions:**

1. Put the pork chops in a large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use a spatula to turn the pork chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until the pork chops are done.

### **Notes:**

Pork chops are done when they reach an internal temperature of 145 degrees.

2 tablespoons of honey mustard can be substituted with 1 tablespoon of honey and 1 tablespoon of mustard mixed together.

To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.