



Home

This Week's Meals

Next Week's Meals

My Favorites

## ORANGE BBQ PORK CHOPS

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This technique for browning the pork first, but finishing the cooking in a hot oven, is a method used by restaurants to ensure moist, flavorful meat. Try it with boneless, skinless chicken breasts too - no more dry chops or chicken! To up the veggie quotient, add a sliced bell pepper to the sauce, sauteing it with the onions and garlic.

Makes 4 Servings

Prep Time: 5 minutes

Cook Time: 16 minutes

4 bone-in center-cut pork chops (about 1 1/2 pounds)

Salt and freshly ground pepper to taste

1 tablespoon olive oil

1 small onion, chopped

2 cloves garlic, finely chopped

1 cup barbecue sauce

1/4 cup orange marmalade

1. Heat oven to 400° F. Heat 2 teaspoons oil in large ovenproof skillet\* over medium-high heat.
2. Brown pork chops 1 to 2 minutes per side. Transfer to a plate. Add onions and garlic to skillet; cook and stir for about 4 minutes. Stir in barbecue sauce and marmalade.
3. Return pork chops to skillet; turn until well coated with sauce. Place skillet in oven; bake for 6 to 10 minutes or until just barely pink in center (145° F.)

*If your skillet has a plastic handle, wrap it in foil before placing it in the oven.*

### On the side...

- **Smashed Yukon Gold potatoes...** Coarsely chop potatoes, cover with salted water, and bring to a boil. Simmer for 20 minutes or until very tender; mash with some buttermilk, chopped green onions, salt and freshly ground pepper. Drizzle with a little olive oil, if desired.
- **Cabbage Coleslaw with Vinaigrette Dressing...**

