



## Lemon-Thyme Grilled Pork Chops

**Prep: 10 minutes plus standing**

**Grill: 10 minutes • Serves: 4**

- 1½ tablespoons light brown sugar
- 2 teaspoons ground coriander
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 4 bone-in pork loin chops (about 2 pounds)
- 2 small lemons, cut in half

**1.** Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, stir brown sugar, coriander, thyme, garlic powder, ginger, salt and pepper until well combined. Evenly coat both sides of pork chops with spice mixture.

**2.** Place pork chops and lemons, cut side down, on hot grill rack. Cook pork chops 10 to 12 minutes or until internal temperature reaches 145°, turning once halfway through cooking; cook lemons 5 to 6 minutes or until light grill marks appear.

**3.** Transfer pork chops and lemons to serving platter. Loosely cover with aluminum foil and let stand 5 minutes. Serve pork chops with lemons for squeezing over pork.

*Approximate nutritional values per serving: 318 Calories, 15g Fat (6g Saturated), 87mg Cholesterol, 654mg Sodium, 8g Carbohydrates, 1g Fiber, 32g Protein*