

AMERICA'S FAVORITE PORK CHOPS

Toss the chops on the grill and enjoy with sliced tomatoes in vinaigrette, broccoli spears and garlic mashed potatoes.

4 pork chops, about 3/4-inch thick
3/4 cup Italian dressing *
1 teaspoon Worcestershire sauce

Place all ingredients in a self-sealing bag; seal bag and place in refrigerator for at least 20 minutes (or as long as overnight).

Remove chops from bag, discarding marinade, and grill over a medium-hot fire, turning once, until just done, about 8 to 11 minutes total cooking time.

* Or use a reduced-fat Italian dressing

Makes 4 servings.

Calories: 210
Cholesterol: 60mg
Protein: 25g

Fat: 11g
Sodium: 140mg

Saturated Fat: 3g
Carbohydrates: 1g