

## Recipe: Lemony-Honey Glazed Pork Chops



### Makes 4 servings

3 cups Diet Coke with Lemon®  
4 (about 1 3/4 pounds) pork chops, bone-in, cut to 3/4" thickness, about 7 ounces each, trimmed  
1 1/2 teaspoons salt  
1 teaspoon black pepper, freshly cracked  
1/4 cup coriander seeds, whole  
4 teaspoons olive oil  
1 garlic clove, smashed  
1 cup water  
1 bay leaf  
1 tablespoon lemon juice  
1 tablespoon honey  
1 teaspoon coriander seeds, whole, crushed  
1 lemon, medium, peel and pith removed, sliced into 16 1/8" slices

### Method:

1. Reduce diet cola in a saucepan over medium-high heat to 1/2 cup, about 30 minutes. Set aside.
2. Season both sides of pork chops with salt and black pepper. Place whole coriander seeds onto a plate or other flat surface. Coat the edges of the pork chops by gently pressing into coriander seeds.
3. Pour olive oil into a non-stick skillet and heat over medium. When hot, add pork chops and cook until golden brown, about 5 minutes. Turn chops over and continue cooking until second side is golden brown and pork is cooked through, 4-5 minutes. Remove from heat and keep warm.
4. Prepare the glaze by adding the garlic and water to the skillet. Bring to a simmer, scraping the drippings. Add cola reduction, bay leaf, lemon juice, honey, and crushed coriander seed. Stir to combine, return to a simmer, and reduce to a light glaze, about 6-8 minutes. Remove garlic clove and bay leaf.
5. Dip pork chops in the glaze and serve with lemon slices.

### Nutritional Analysis:

Serving size: 4 ounces meat (edible portion), 2 tablespoons glaze  
Cal: 264  
Protein: 30g  
Fat: 12g  
Carb: 10g  
Sodium: 971mg  
Chol: 81mg  
Sugar: 5g