



# #MakeItGAP

## RECIPES

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### GREEK PORK CHOPS

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**YIELD:** Serves 4

**INGREDIENTS:**

- 2 Tbsp. olive oil
- 4 tsp. lemon juice
- 1 Tbsp. Worcestershire sauce
- 2 tsp. dried oregano
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. pepper
- 1/2 tsp. ground mustard
- 4 boneless pork loin chops (3/4 inch thick and 4 ounces each)

**PREPARATION:**

In a large bowl, mix first 9 ingredients. Add pork chops and turn to coat. Cover; refrigerate 8 hours or overnight.

Drain pork, discarding marinade. Grill chops, covered, over medium heat or broil 4 in. from heat until a thermometer reads 145°F, 4-5 minutes per side. Let stand 5 minutes before serving.

*Freeze option:* Freeze chops with marinade in a freezer container. To use, thaw in refrigerator overnight. Drain pork, discarding marinade. Grill as directed.

*Recipe adapted from [tasteofhome.com](http://tasteofhome.com)*