

Cumin Baked Pork Chops

Amount	Measure	Ingredient - Preparation Method
4		8 oz pork chops
1	teaspoon	kosher salt
4	teaspoons	grainy dijon mustard
2	tablespoons	crushed cumin seeds
1	teaspoon	cracked black pepper
1	teaspoon	canola oil

Preheat oven to 450. Sprinkle pork chops on both sides with salt, then brush each side with mustard. Rub cumin and pepper into mustard.

Heat the oil in a large cast iron skillet over high heat. Add chops and brown for 2 minutes on each side. Put skillet in oven and bake until chops are just cooked through, about 12 minutes. Serve.

Description: "4"