

Maple-Mustard Glazed Pork Chops

Servings : 4

Amount	Measure	Ingredient - Preparation Method
4		pork chops - 1-1.25" thick
1	small	onion - chopped
1	teaspoon	vegetable oil
1/2	cup	maple syrup
1/4	cup	cider vinegar
1/4	cup	dijon mustard
1	tablespoon	soy sauce
		black pepper

In a small saucepan, saute onion in oil until tender, about 2-3 minutes. Stir in syrup, vinegar, mustard, soy sauce and pepper; let simmer gently for 10 minutes, stirring occasionally. Remove from heat and set aside.

Grill chops over medium heat until 145, about 12-16 minutes. During last few minutes, brush with glaze, and turn to coat evenly. Allow to rest for 3 minutes.