

Summer Grilling - The Heat Is On!

Food Safety Tip: After grilling, remove cooked meat and place on a clean plate to avoid cross contamination from raw meat juices on the plate used to bring the meat out to the grill.

Grilling Technique: Marinating meat adds moisture and flavor..

Basil-Garlic Grilled Pork Chops

Yield: 4 servings

Ingredients

4 (8 ounce) pork chops

1 lime, juiced

4 cloves garlic, minced

¼ cup chopped fresh basil

salt and black pepper to taste



Directions

Mix the pork chops with the lime juice in a bowl until evenly coated. Combine garlic and basil, and rub onto the pork chops. Season to taste with salt and pepper and set aside to marinate for one half hour.

Preheat grill for medium heat, and lightly oil the grate. Cook the pork chops on the preheated grill until no longer pink in the center, 5 to 10 minutes per side. A meat thermometer inserted into the center should read 145 degrees F.

Nutrition Facts

Per Serving:

324 calories; protein 50.4g; carbohydrates 2.8g; fat 11.1g; cholesterol 130.6mg; sodium 82.6mg.



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