

Broiled Marinated Pork Chops over Apricot Rice

INGREDIENTS

1/2 teaspoon ground allspice
1/2 teaspoon dried thyme
1/4 teaspoon black pepper
4 center-cut loin pork chops (4 ounces each)
3/4 cup orange juice
3/4 cup low-sodium chicken broth
1 1/2 cups brown rice
1/3 cup chopped dried apricots
1/3 cup shredded carrots

- In small cup, combine allspice, thyme and pepper
- Rub the spice mixture over the pork chops and let sit 15 minutes or up to 1 hour
- In medium saucepan, bring orange juice and chicken broth to a boil.
- Add rice, apricots and carrots; cover, reduce heat and simmer 10 minutes.
- While rice is cooking, broil pork chops 3 - 5 minutes per side, until lightly brown and cooked through.
- Place rice on a serving dish and top with pork chops.

Serves 4

