



# Chili Ranch Grilled Pork (Cooking for 2)



Prep  
40 MIN

Total  
40 MIN

Servings  
2



## Ingredients

- 2 boneless pork loin chops, 3/4 inch thick (4 oz each)
- 2 tablespoons reduced-fat ranch dressing
- 1/4 teaspoon salt
- 1/4 teaspoon chili powder
- 1/8 teaspoon dried thyme leaves
- 1/8 teaspoon garlic powder

## Steps

- 1 Heat gas or charcoal grill. Place pork chops in shallow bowl. Pour dressing over both sides of pork chops. Cover and refrigerate 15 minutes.
- 2 Meanwhile, in small bowl, mix remaining ingredients. Remove pork from marinade; discard marinade.
- 3 Sprinkle half of seasoning mixture over one side of pork chops. Place pork on grill, seasoned side down. Sprinkle remaining seasoning mixture over pork. Cover and grill over medium heat 8 to 10 minutes, turning once, until pork is no longer pink and meat thermometer inserted in center reads 160°F.

## Tips

- Try this recipe using boneless skinless chicken breasts. Grill until juice of chicken is clear when center of thickest part is cut (170°F).

## Nutritional Information

Serving Size: 1 Serving

Calories	210	Calories from Fat	100
Total Fat		11g	17%
Saturated Fat		3g	16%
Trans Fat		0g	
Cholesterol		75mg	24%
Sodium		480mg	20%

Potassium	330mg	10%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	24g	

**% Daily Value\*:**

Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%

**Exchanges:**

0 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 3 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 2 Fat;

*\*Percent Daily Values are based on a 2,000 calorie diet.*