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Greek Pork Chops

Prep Cook Time: 30 minutes

SERVES 4

Ingredients

- 2 Tablespoons red wine vinegar-divided
- 1 teaspoon dried oregano
- 2 teaspoons olive oil-divided
- 4-6 boneless center-cut loin pork chops
- 5 oz plain FF Greek yogurt
- 1 Tablespoon chopped fresh dill

Steps

1. Combine 1 Tablespoon vinegar, oregano, 1 teaspoon olive oil, and garlic in zip top bag.
2. Add pork; seal and marinate at room temperature for 20 minutes, turning after 10 minutes.
3. Combine the remaining 1 Tablespoon vinegar, 1 teaspoon oil, yogurt and dill, stirring well with a whisk.
4. Salt yogurt sauce to taste.
5. Chill sauce.
6. Heat grill pan and coat with cooking spray.
7. Remove pork from marinade; discard marinade.
8. Sprinkle pork with salt.
9. Add to pan and cook 4 minutes on each side until done.
10. Remove from pan and let stand 2 minutes.
11. Serve with yogurt sauce.