

# Barbecued Flavoured Pork Chops

*These are cooked indoors and yet you still enjoy a good barbecued flavour.*

Bone-in pork chops (about 2 1/2 lbs., 1.1 kg), trimmed of fat	6	6
Chili sauce	3 tbsp.	50 mL
Brown sugar, packed	3 tbsp.	50 mL
White vinegar	3 tbsp.	50 mL
Water	6 tbsp.	100 mL
Dry mustard	2 tbsp.	30 mL

Arrange pork chops in single layer in ungreased 9 × 13 inch (22 × 33 cm) pan.

Combine remaining 5 ingredients in small bowl. Spoon over chops. Cover. Bake in 350°F (175°C) oven for 1 hour. Remove cover. Bake for about 15 minutes until chops are tender. Serves 6.

*1 serving: 191 Calories; 6.1 g Total Fat (3 g Mono, 0.7 g Poly, 1.8 g Sat); 62 mg Cholesterol; 11 g Carbohydrate; trace Fibre; 23 g Protein; 183 mg Sodium*

**Serving Suggestion:** Wonderful served with corn on the cob, green peas and baked potatoes. You can bake the potatoes at the same time as the chops.

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