

# Best Pork Chops

*The peppery marinade is a real winner! Marinate pork overnight to infuse with even more flavour.*

## GARLIC MARINADE

Water	1/2 cup	125 mL
Soy sauce	1/3 cup	75 mL
Cooking oil	1/4 cup	60 mL
Lemon pepper	3 tbsp.	50 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Bone-in pork chops (about 2 1/2 lbs., 1.1 kg), trimmed of fat	6	6

**Garlic Marinade:** Combine first 5 ingredients in small bowl. Makes about 1 cup (250 mL) marinade.

Place pork chops in single layer in large shallow baking dish. Pour marinade over top. Turn until coated. Cover. Marinate in refrigerator for 45 minutes, turning occasionally. Drain, reserving marinade in small saucepan. Bring reserved marinade to a boil on medium. Reduce heat to medium-low. Simmer, uncovered, for at least 5 minutes. Preheat barbecue to medium. Cook pork chops on greased grill for about 25 minutes, turning once and brushing with reserved marinade, until desired doneness. Serves 6.

*1 serving: 274 Calories; 15.9 g Total Fat (8.5 g Mono, 3.5 g Poly, 2.8 g Sat); 77 mg Cholesterol; 3 g Carbohydrate; trace Fibre; 29 g Protein; 2824 mg Sodium*

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