

Balsamic Honey Glazed Pork Chops

4 bone-in pork loin chops (1 inch thick and 10 ounces each)

1/4 teaspoon crushed red pepper flakes

1/2 teaspoon salt

1/2 teaspoon pepper

2 tablespoons olive oil

GLAZE:

2 tablespoons balsamic vinegar

2 tablespoons honey

1 green onions, chopped

1 garlic clove, minced

1/2 teaspoon minced fresh rosemary or 1/8 teaspoon dried rosemary, crushed

pinch teaspoon salt

pinch teaspoon pepper

2 tablespoons butter, cubed

Sprinkle pork chops with pepper flakes, salt and pepper. In a large skillet, heat oil over medium heat. Add pork; cook for 5-7 minutes on each side or until meat reaches desired doneness (a thermometer should read 145°).

Remove and keep warm.

In the same skillet, whisk the vinegar, honey, green onions, garlic, rosemary, salt and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until slightly thickened, stirring occasionally. Remove from the heat; whisk in butter until melted.

Drizzle over pork chops.