

Brown Sugar Glazed Chops



Ingredients

½ cup / 125 mL packed brown sugar
½ cup / 125 mL apple juice
¼ cup / 50 mL canola oil
1 Tbsp / 15 mL sodium-reduced soy sauce
½ tsp / 2 mL ground ginger
1 Tbsp / 15 mL cornstarch
½ cup / 125 mL water
Salt and ground black pepper to taste
6 pork loin centre chops, boneless, about 1-inch / 2.5 cm thick

Directions

1. In small saucepan, combine brown sugar, apple juice, oil, soy sauce and ginger. Bring to a boil.
2. In small bowl, combine cornstarch and water; whisk into brown sugar mixture. Stir until thickened. Remove saucepan from heat and let mixture cool slightly.
3. Season mixture with salt and pepper according to taste.
4. Preheat barbecue on high, reduce heat to medium. Place chops on lightly oiled grill grate. Grill 5-7 minutes per side or until instant-read thermometer registers 155°F.
5. Brush chops often with glaze and again before removing from grill.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 15
- **Number of Servings:** 6