

- » 1 tsp dried thyme
- » 1 tsp dried sage
- » 1 tsp dried basil
- » 1 tbsp vegetable oil
- » Nonstick vegetable cooking spray
- » 4 (5-oz) pork chops, lean, boneless
- » 1/2 cup red wine vinegar
- » 1/4 tsp pepper
- » 2 tbsp fresh parsley, chopped
- » 8 oz fettuccini noodles, cooked
- » according to directions without salt or fat
- » 1/2 tsp Italian seasoning
- » 1/2 tsp salt

- » 2 medium tomatoes, sliced into wedges
- » 4 cups broccoli florets, steamed until tender

## Nutritional Content

Per Serving

Calories	477 cal	Cholesterol	89mg
Protein	40g	Sodium	794mg
Carbohydrate	47g	Calories from Fat	22%
Fat	12g	Fiber	6g
Saturated Fat	3g		

To make marinade: in a shallow casserole dish, mix thyme, sage, basil, and oil. Add chops and turn to coat. Cover and refrigerate for 20 minutes. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, cook chops 3 to 4 minutes on each side until brown. Add vinegar. Reduce heat to low; cover and simmer 25 to 30 minutes or until pork is tender. Season with pepper. Sprinkle with chopped parsley. Toss cooked fettuccini noodles with Italian seasoning, salt, tomato wedges, and steamed broccoli florets. Serve pork chops with pasta mixture. Serves 4.

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