

# **Cajun Grilled Pork Chops**

## **Author: Medifast**

**Prep Time:** 5 mins

**Cooking Time:** 15 mins

### **Ingredients**

4, 5oz. boneless pork center loin chops  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon cayenne powder  
1 teaspoon rubbed sage  
1 tablespoon paprika  
6 cups green beans

### **Method**

Combine seasonings. Coat chops with seasoning. Grill over medium heat, turning once. Serve with steamed green beans or your favorite Medifast-approved vegetable.

### **Nutrition Info.**

Cal 290 | Fat 11g | Chol 90mg | Carb 12g | Pro 34g

This recipe makes 4 servings.