

Barbeque Pork Chops

Prep Cook Time: 20 minutes

SERVES 4

Ingredients

1 Tablespoon brown sugar

1 teaspoon salt

1 teaspoon paprika

1 teaspoon chili powder

¾ teaspoon garlic powder

¾ teaspoon cumin

¼ teaspoon dry mustard

1/8 teaspoon ground red pepper

4-6 pork rib chops

Steps

- 1. Combine first 8 ingredients and rub over both sides of pork. Heat grill pan over mediumhigh heat and coat with cooking spray.
- 2. Add pork, cooking 2 minutes per side. Reduce heat to medium and cook 8 minutes or until done, turning occasionally. Let stand 5 minutes before serving.