

# montreal pork chops

**SERVES 4**

**COOK TIME:** 10-20 minutes

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1 lb bonless fat-trimmed pork loin chops  
(preferably pastured)

2 Tbsp extra virgin olive oil

$\frac{3}{4}$  tsp Montreal Steak Seasoning

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SPRINKLE both sides of chops with Montreal Steak Seasoning.

HEAT olive oil in a skillet over medium heat.

SAUTE chops for 5-8 minutes per side.

**MAKE IT A MEAL:** Serve with non-starchy vegetable and nutrient dense carbohydrate of choice.

