

# Baked Soy Lemon Chops

"These pork chops are light but very tasty! The longer you marinate your pork, the better it tastes. And it's baked, so a lot of the pork fat is baked right off! Serve with a fresh garden salad and mashed potatoes for a terrific meal."

From Allrecipes.com  
Recipe Yield 4 servings

## Ingredients

- 1/2 cup soy sauce
- 1 tablespoon Worcestershire sauce
- 4 cloves garlic, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon ground black pepper
- 1 teaspoon vegetable oil
- 4 pork chops



## Directions

1. In a shallow dish, combine soy sauce, Worcestershire sauce, garlic, lemon juice, pepper and oil. Add pork chops, and turn to coat evenly. Cover, and refrigerate for at least 1 hour.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Place marinated pork chops in a roasting pan, and bake in preheated oven for 35 to 40 minutes, basting meat often with marinade.

## Nutritional Information

- **Calories:** 123
- **Total Fat:** 4.2g
- **Cholesterol:** 35mg
- **Sodium:** 1868mg
- **Total Carbs:** 5.1g
- **Dietary Fiber:** 0.4g
- **Protein:** 15.8g