For a well-rounded meal, pair this recipe with a side of brown rice and a vegetable like spicy bok choy for a nice contrast! Be sure to use an oven-safe pan when cooking the pork chops.

**Ingredients:**
- 1 cup orange juice
- 1 Tbsp. reduced-sodium soy sauce
- 2 cloves garlic, minced
- ½ tsp. dried thyme
- 4 bone-in pork chops, trimmed of fat
- ¼ tsp. salt
- Fresh ground pepper
- 2 tsp. canola oil

**Directions:**
1. Preheat oven to 400 degrees.
2. Combine orange juice, soy sauce, garlic and thyme in a small bowl and set aside.
3. Season pork chops with salt and pepper. Heat oil in a large oven-proof skillet over high heat. Add the pork chops and sear until browned, 1-2 minutes per side.
4. Transfer the pan to the oven and bake the chops until just cooked through, about 5 minutes. Transfer chops to a plate and keep them warm.
5. Add the orange juice mixture to the pan; cook over high heat until the sauce is reduced by half, 3-5 minutes. Return the chops to the skillet to heat through, turning to coat in sauce. Serve chops with pan sauce.

**Nutrition Facts**
- Serves 4
- Calories: 176
- Fat: 8 grams
- Saturated fat: 2 grams
- Sodium: 325 mg
- Carbohydrates: 7 grams
- Fiber: 0 grams
- Protein: 20 grams

Recipe from: EatingWell.com