

## *Hot and Sweet Glazed Pork Chops*

Serves 6



- 2 lbs bone-in pork loin chops, about ½ inch thick
- 4 tbsp honey
- 4 tbsp Dijon mustard
- ½ tsp red pepper flakes
- 1 cup unsweetened apple juice

Combine all the ingredients except the pork in a small saucepan and bring to a gentle boil over medium high heat. Simmer until the glaze is reduced by half. It should be thick enough to coat the back of a spoon. Let cool completely. Reserve half of the glaze for a dipping sauce.

Preheat grill to medium high. Season the chops with salt and pepper. Brush the glaze on one side of the chop and place glaze side down on the grill. Brush more glaze on the top side. Cook for 4 minutes, then turn. Add more glaze to the top, and cook for another 4 minutes. Continue glazing and turning the chops frequently, for a total cooking time of 15-20 minutes. The chops should read about 145°F to 150°F on an instant read thermometer. Let rest for 5 minutes before serving with the reserved glaze for dipping.