

Cherry Glazed Pork Chops

Serves 4 to 6 people

1 to 2 lbs boneless pork tenderloin cut into 4 oz slices

salt

pepper

¼ cup water

1 cup Sour cherry Jam

1 ½ teaspoon red wine vinegar

Salt and pepper pork. Brown pork in electric skillet at medium heat for 5 to 10 minutes on a side until done. Remove pork from skillet. Add ¼ cup water, red wine vinegar and jam to the skillet, scrap pan to loosen any meat until jam is melted. Put pork in pan and turn to coat well.



<http://www.lincolntent.com/GlutenFreeCaseinFree-PorkRecipes.html>

or

<http://www.lincolntent.com/GFCF-Fast.html>