

Orange-Lime Marinated Pork Chops

from LowCarbKaye.com

Ingredients:

Marinade:

- 1/4 cup orange juice (or juice of one small orange; mine turned out to be exactly 1/4 cup!)
- 2 tablespoons lime juice (I didn't have any fresh limes, but the juice of one lime would probably work)
- 2 tablespoons olive oil (plus more for cooking later)
- 2 five- to six-ounce, relatively thin pork chops (for thicker/larger pieces, increase amount of marinade and cooking time)

Spice Rub:

- 1/2 teaspoon kosher or sea (large grain) salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cumin seed
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon oregano

Tools & Utensils:

- Measuring cup/spoons
- Quart-size zip-top plastic bag
- Small bowl or container for mixing spices
- Paper towels
- Medium to large heavy-bottom skillet
- Tongs or spatula

Instructions:

Combine orange juice, lime juice, and olive oil in plastic bag. Add pork chops. Remove as much air as possible, seal, and then smoosh around until the meat is completely covered with the marinade. Let marinate in the fridge at least 30 minutes up to 2 hours (for thin chops; thicker chops can marinate longer).

Before removing the marinated chops from the fridge, combine all ingredients for the spice rub in a small bowl and stir to combine well (make sure that you break up any lumps to ensure even distribution of all spices throughout the mixture). Remove chops from marinade and blot with paper towels—you don't want to completely remove all of the marinade, you just don't want them to be dripping. Preheat skillet over medium-high heat. Starting with 1/2 teaspoon of spice mix per side, season pork chops. Use whatever is left to cover any "bald" spots and to ensure thorough coverage of the meat with the seasoning.

Add about 1 tablespoon of olive oil to hot pan and sear the chops in the pan, about 3 minutes per side for thin chops. Even though there isn't much marinade left after blotting them, what's there will help them brown gorgeously.

(Can also be grilled, if you prefer.)

Remove from heat, let rest about five minutes, and serve.

I counted 2 net carbs for the meat, just to be on the safe side, as it's unclear just how many carbs from the marinade linger after blotting.