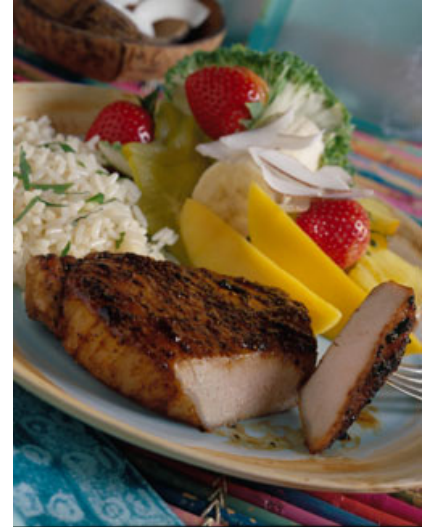


Jamaican Rubbed Chops

4 pork chops, about 3/4-inch thick
2 tablespoons brown sugar
1 garlic clove, minced
1 teaspoon coarsely ground black pepper
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves

Pat pork chops dry with paper toweling; stir together remaining ingredients in small bowl and rub chops on both sides with seasoning mixture. Grill chops over medium-hot coals, turning once, about 10-12 minutes.
Serves 4.



Nutrition Facts

Nutrient	Amount Per Serving
Calories	200 calories
Protein	27 grams
Fat	6 grams
Sodium	340 milligrams
Cholesterol	80 milligrams
Saturated Fat	2 grams
Carbohydrates	8 grams