

Bubbie's
EVERYTHING
HERBAL

by Cheryl Jabz

*Cooking with
Herbs for
Health, Flavor
& Tradition.*



Bubbie's GARLIC ROSEMARY HERB PORK CHOPS



Juicy pork chops seasoned with garlic, rosemary, and herbs, then pan-seared to perfection. A quick, flavorful, and wholesome meal the whole family will love!



INGREDIENTS:



- 4 bone-in or boneless pork chops (about ¾ to 1 inch thick)
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tsp fresh rosemary, chopped
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt (or to taste)
- ½ tsp black pepper (or to taste)
- 1 tsp lemon juice (optional)
- Fresh parsley, for garnish (optional)

INSTRUCTIONS:



- Pat pork chops dry and season both sides with salt, pepper, garlic powder, onion powder, thyme, oregano, and dried rosemary.
- In a large skillet, heat olive oil over medium-high heat.
- Add pork chops and sear for 4-5 minutes per side, until golden brown.
- Reduce heat to medium. Add garlic and fresh rosemary. Cook for 1 minute, stirring to release the aroma.
- Squeeze lemon juice over the chops (if using) and spoon the garlic rosemary oil over the top.
- Cover and cook for 5-7 minutes, or until internal temperature reaches 145°F.
- Remove from skillet and let rest for 5 minutes. Garnish with fresh parsley and serve.

BENEFITS



Garlic and rosemary support heart health and immunity.



Pork provides high-quality protein and essential nutrients.



Herbs add flavor naturally without extra sodium.



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*From my kitchen
to yours*