Savory Grilled Pork Chops with Steamed Broccoli

Juicy grilled pork chops paired with tender steamed broccoli, a simple low-carb meal perfect for muscle maintenance and weight loss.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 boneless pork chops (6 oz each)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups broccoli florets
- 1/2 cup water
- 1/2 lemon, juiced

Instructions

1. Preheat grill or grill pan over medium-high heat.
2. Brush pork chops with olive oil and season with garlic powder, smoked paprika, salt, and black pepper evenly on both sides.
3. Place pork chops on the grill and cook for 4-5 minutes per side until internal temperature reaches 145°F.
4. While pork chops grill, place broccoli florets and water in a microwave-safe bowl. Cover loosely with a microwave-safe lid or plate.
5. Microwave broccoli on high for 3-4 minutes until tender but crisp. Drain any excess water.
6. Squeeze lemon juice over steamed broccoli and toss gently.
7. Serve grilled pork chops alongside steamed broccoli.

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