



Honey-Soy Grilled Pork Chops



Ingredients:

- 1 cup low-sodium soy sauce
- ½ cup honey
- 2 cloves garlic, minced
- ½ teaspoon ground ginger
- 1 pinch red pepper flakes, or to taste
- 6 thick pork chops

Method:

1. Whisk soy sauce, honey, garlic, ginger, and red pepper flakes together in a large bowl and pour into a re-sealable plastic bag. Add pork chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator, 8 hours to overnight.
2. Remove pork chops from the marinade and shake off excess. Discard the remaining marinade.
3. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
4. Cook the pork chops on the preheated grill until seared and no longer pink in the center, about 8 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Let rest 5 minutes before serving.