

# Greek Style Pork Chops

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-pork-chops-recipe>

## Ingredients:

- 2 tablespoons red wine vinegar divided
- 1 teaspoon dried oregano
- 2 teaspoons olive oil divided
- 1 1/2 teaspoons minced garlic freshly, divided
- 4 boneless pork loin chops about 1/2
- 6 ounces Greek-style yogurt plain fat free
- 1 tablespoon fresh dill chopped
- 1 tablespoon cucumber shredded
- lemon juice Splash of, to taste
- 1/2 teaspoon salt divided
- 1 1/2 cups plum tomatoes diced
- 1 cup cucumber diced seeded
- 1/2 cup diced red onion

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 115 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 830 milligrams
9. Sugar: 6 grams

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