

Montreal Loin Chop (makes up to four 4 oz servings)

Total Prep time: 5 minutes

Total Cook time: 45 minutes

Ingredients:

1 thick cut loin chop, about 1 ¾" thick, approximately one pound

1 ½ tablespoons McCormick® Grill Mates® Montreal Steak® seasoning

Preparation

Rub the seasoning mix over every square inch of the loin chop, pressing firmly so the seasoning sticks. Optional: place seasoned loin chop in a covered dish, and place in refrigerator between one and eight hours.

Cook

Preheat oven to 375 degrees. Place seasoned loin chop on broiler pan and bake on the center rack for 45 minutes. If your loin chop is less than one pound, reduce cooking time slightly.

Serve

Slice and serve. Makes up to four 4 oz servings.