

SKILLET APPLE PORK CHOPS

—————MAINS—————

INGREDIENTS

1 1/2 tablespoons olive oil
4 6-oz bone-in pork chops or 4 4-oz boneless pork chops
3/4 teaspoon kosher salt, divided
3/4 teaspoon freshly ground black pepper, divided
1/2 cup low sodium chicken stock or broth
1 teaspoon Dijon mustard
1 teaspoon dried sage or 1 tablespoon chopped fresh sage
1/2 teaspoon dried rosemary or 1 1/2 teaspoons chopped fresh rosemary
2 large apples, thinly sliced (do not peel)
1 small red onion, thinly vertically sliced

DIRECTIONS

1. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat.
2. Sprinkle pork chops evenly with 3/8 teaspoon salt and 3/8 teaspoon pepper. Add pork to skillet; cook 5 minutes on each side or until pork is done. Remove from pan.
3. Combine stock or broth and mustard, stirring with a whisk.
4. Add remaining 1 tablespoon oil to pan; swirl. Add remaining 3/8 teaspoon salt, remaining 3/8 teaspoon pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally.
5. Stir in stock mixture. Return pork; cook 3 minutes or until liquid is reduced by half.
6. Serve with mashed or roasted sweet potatoes and steamed broccoli.

VARIATIONS & TIPS

- You may substitute one 16 oz. pork tenderloin for the pork chops. Cut into 1/2" thick slices and follow directions in Step 2 (you can reduce the cooking time a bit since the meat is boneless).
 - *If you get pork tenderloins instead of chops, ask your butcher to cut into slices. Tenderloin often goes on sale for less per pound than chops.*
- You could also use 4 4-oz. boneless chicken thighs in place of pork.
- If you have leftover chicken broth, freeze it in ice cube trays. When frozen, place cubes in a freezer bag labeled with the item and date.
- If you can't find low-sodium chicken broth, eliminate the 3/8 teaspoon salt in Step 4.

NUTRITION FACTS

403 calories, 20.7 g fat (4 g saturated fat), 36 g protein, 17.8 g carbohydrates, 3.2 g fiber, 498 mg sodium

YIELD: 4 servings

SOURCE: Adapted from Myrecipes.com

