

Healthy Recipe of the Month: October 2021

Recipe from myrecipes.com, recipe by cooking light

Skillet Apple Pork Chops



Ingredients

1 ½ tablespoons olive oil, divided
4 (6-oz) bone-in pork chops
¾ teaspoons kosher salt, divided
¾ teaspoon freshly ground black pepper, divided
½ cup unsalted chicken stock
1 teaspoon Dijon mustard
1 tablespoon chopped fresh sage
1 ½ teaspoons chopped fresh rosemary
2 medium apples, thinly sliced
1 small red onion, thinly vertically sliced

Servings 4

Serving Size 1 pork chop and about 2/3 cup of the apple mixture

Directions:

1. Heat a large skillet over medium-high heat. Add 1 ½ teaspoons oil to pan; swirl to coat. Sprinkle pork chops evenly with 3/8 teaspoon salt and 3/8 teaspoon pepper. Add pork chops to pan; cook 5 minutes on each side or until pork chops are done. Remove from pan.
2. Combine stock and mustard, stirring with a whisk. 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. Stir in stock mixture. Return pork chops to pan; cook 3 minutes or until liquid is reduced by half.

Nutrition Information

calories 254, fat 9.6 g, saturated fat 2g, mono fat 5.3g, poly fat 1.1g, protein 27g, carbohydrates 15g, fiber 3g, cholesterol 81mg, iron 1mg, sodium 476mg, calcium 36mg, sugar 10g