

One-Pan Pork Chops with Apples

Ingredients:

2 tablespoons olive oil, divided
4 4-ounce bone-in pork chops
3/4 cup low sodium chicken stock
1 teaspoon Dijon mustard
1 tablespoon fresh sage, chopped
1/4 teaspoon fresh dill
1 tablespoon chopped garlic

1 1/2 teaspoons fresh rosemary
1/2 teaspoon fresh thyme, chopped
1/4 teaspoon salt, divided
1/4 teaspoon black pepper, divided
2 medium gala apples, thinly sliced
1 small red onion, thinly sliced
1/8 teaspoon black pepper
1/8 teaspoon salt

Directions:

1. Season both sides of the pork chops with a dash of salt and pepper. Add 1 tablespoon olive oil to a large heavy bottomed pan, and heat over medium-high heat. Add the pork chops to the pan, leaving at least an inch between the chops to ensure even cooking and browning. Sear 3–5 minutes per side or until pork chops are mostly done. Chops will continue to cook in sauce later. Remove pork chops to a plate.
2. In a small mixing bowl, whisk together chicken stock and mustard. Set aside.
3. Add remaining tablespoon of olive oil to pan, then add apples and onions. Cook 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, and thyme. Stir to combine.
4. Pour in the stock mixture, using a wooden spoon to gently scrape the bottom of the pan to release any brown bits (those are full of great flavor).
5. Slide the pork chops back into the pan, nestling them down between the apples.
6. Cook 2–3 minutes, until pork chops are finished cooking and liquid has reduced by half.

For more information, please contact:

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Source: thechunkychef.com

Nutrition Facts	
Serving Size 1 pork chop (260g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 90mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 15g	
Vitamin A 2%	• Vitamin C 15%
Calcium 6%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

