

Pork Chops with Roasted Apples and Onions



Yield

Serves 4 (serving size: 1 chop, about 1 tablespoon sauce, and 3/4 cup apple mixture)



Adam Hickman | RECIPE BY COOKING LIGHT September 2012

Pork chops and apples make a perfect pairing for a quick meal that feels like fall.

Ingredients

- 2 1/2 teaspoons canola oil, divided
- 1 1/2 cups frozen pearl onions, thawed
- 2 cups Gala apple wedges
- 1 tablespoon butter, divided
- 2 teaspoons fresh thyme leaves
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 4 (6-ounce) bone-in center-cut pork loin chops (about 1/2 inch thick)
- 1/2 cup fat-free, lower-sodium chicken broth
- 1/2 teaspoon all-purpose flour
- 1 teaspoon cider vinegar

How to Make It

Step 1 Preheat oven to 400°.

Step 2 Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apple to pan; place in oven. Bake at 400° for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.

Step 3 Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in

Nutritional Information

Calories 240, Fat 10g, Satfat 3.3g,
Monofat 4.1g, Polyfat 1.4g, Protein 24.9g,
Carbohydrate 11g, Fiber 1.5g,
Cholesterol 84mg, Iron 1mg, Sodium 379mg,
Calcium 28mg.

vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture.