

Eat Well



SPEEDY PORK AND APPLE SKILLET DINNER

Apples, with their touch of sweetness, are a perfect complement to pork chops. This is a delicious weeknight meal that comes together with little fuss. Serve these pork chops with mashed sweet potatoes or brown rice.

Prep Time **10** min

Cook Time **10** min

Makes 4 Servings

- 5 mL (1 tsp) canola oil
- 2 cloves garlic, minced
- 5 mL (1 tsp) dried thyme leaves
- 1 mL (1/4 tsp) fresh ground pepper
- 4 boneless pork loin chops, about 500 g/1 lb
- 2 red skinned apples, cored and sliced
- 125 mL (1/2 cup) sodium reduced chicken or vegetable broth
- 5 mL (1 tsp) Dijon mustard
- 2 mL (1/2 tsp) cornstarch

1. In a bowl, combine oil, garlic, thyme and pepper; add pork chops and rub mixture all over.

2. Heat a large nonstick skillet over medium-high heat and brown pork chops on both sides. Remove to plate and add apple slices to pan; cook, stirring for 2 minutes.

3. Whisk together broth, mustard and cornstarch; pour into skillet. Stir to coat apples. Return pork chops to skillet and cook, turning once, for about 3 minutes.*

*Use a digital food thermometer to check that pork has reached an internal temperature of 71°C (160°F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING

% DV

Calories	211	-
Fat	5 g	8 %
Saturated + Trans	2 g	8 %
Cholesterol	0 g	-
Sodium	62 mg	-
Carbohydrate	159 mg	7 %
Fibre	10 g	3 %
Sugars	1 g	6 %
Protein	7 g	-
Vitamin A	30 g	-
Vitamin C	-	1 %
Calcium	-	3 %
Iron	-	2 %
		9 %

TIPS

- Save money by buying larger packages of pork loin chops and freeze the extras for another meal.
- Switch up the type of apple. See what's available at your grocery store or farmers' market.
- Take this recipe to a whole new level by swapping out apples for pears.