



### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 232  |
| <b>PROTEIN</b>      | 18 G |
| <b>CARBOHYDRATE</b> | 25 G |
| <b>TOTAL FAT</b>    | 7 G  |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 10 MINUTES |
| <b>COOK TIME:</b> | 30 MINUTES |

|                      |  |
|----------------------|--|
| <b>YIELD:</b>        | 4 SERVINGS                                   |
| <b>SERVING SIZE:</b> | 1 PORK CHOP, ¼ C SAUCE,<br>2 ORANGE SEGMENTS |

### FOR PORK CHOPS:

|               |  |
|---------------|--|
| <b>4</b>      | BONELESS PORK CHOPS (ABOUT<br>3 OZ EACH)   |
| <b>¼ TSP</b>  | GROUND BLACK PEPPER MEDIUM   |
| <b>1</b>      | ORANGE, RINSED, FOR ¼ TSP ZEST<br>(USE A GRATER TO TAKE A THIN<br>LAYER OF SKIN OF THE ORANGE; |
| <b>½ TBSP</b> | SAVE THE ORANGE FOR GARNISH)   |

### FOR SAUCE:

|            |   |
|------------|---|
| <b>¼ C</b> | LOW-SODIUM CHICKEN BROTH  |
| <b>1</b>   | 1 MEDIUM APPLE, PEELED AND<br>GRATED (ABOUT 1 C) (USE A GRATER<br>TO MAKE THIN LAYERS OF APPLE) |
| <b>½</b>   | CINNAMON STICK OR 1/8 TSP<br>GROUND CINNAMON  |
| <b>1</b>   | BAY LEAF  |
| <b>½ C</b> | DRIED CRANBERRIES OR RAISINS  |
| <b>½ C</b> | 100 PERCENT ORANGE JUICE  |

## BAKED PORK CHOPS WITH APPLE CRANBERRY SAUCE

...A WONDERFUL FRUIT SAUCE ADDS THE PERFECT TOUCH TO THESE PORK CHOPS—TRY SERVING WITH A SIDE OF BROWN RICE AND STEAMED BROCCOLI

- 01 Preheat oven to 350 °F.
- 02 Season pork chops with pepper and orange zest.
- 03 In a large sauté pan, heat olive oil over medium heat. Add pork chops, and cook until browned on one side, about 2 minutes. Turn over and brown the second side, an additional 2 minutes. Remove pork chops from the pan place them on a nonstick baking sheet, and put in the oven to cook for an additional 10 minutes (to a minimum internal temperature of 160 °F).
- 04 Add chicken broth to the sauté pan and stir to loosen the flavorful brown bits. Set aside for later.
- 05 Meanwhile, place grated apples, cinnamon stick, and bay leaf in a small saucepan. Cook over medium heat until the apples begin to soften.
- 06 Peel the orange used for the zest, and cut it into eight sections for garnish.
- 07 Serve one pork chop with ¼ cup of sauce and two orange segments.

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