

SPICED PORK CHOPS WITH APPLE CHUTNEY

Yield: 4 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

CHUTNEY:

- 1 Tbsp. butter
- 3 large cooking apples, peeled and cubed
- ¼ cup dried cranberries
- 3 Tbsp. brown sugar
- 3 Tbsp. cider vinegar
- 2 tsp. minced fresh ginger
- Large pinch salt
- ¼ tsp. dry, ground mustard
- ⅛ tsp. ground allspice

PORK:

- ¾ tsp ground chile pepper (optional)
- ½ tsp. garlic powder
- ½ tsp. ground coriander
- ¼ ground black pepper
- ¼ tsp. salt
- 4 boneless pork loin chops, trimmed (4 oz. each)

PREPARATION

1. To prepare chutney, melt butter in non-stick pan over medium-high heat. Add chopped apple and sauté until lightly browned, about 4 min. Add cranberries, brown sugar, vinegar, ginger, salt, mustard and allspice. Bring to a boil, then reduce heat and simmer until apples are tender, about 8 min., stirring occasionally. Remove from heat and set aside.
2. Meanwhile, combine the pork spices and sprinkle over pork chops. Cook pork chops on a grill pan or skillet until the internal temperature registers 160 degrees.
3. Serve pork chops topped with warm chutney.

NUTRITION

Per serving: Calories: 345; Fat: 11 g (5 g saturated fat); Cholesterol: 83 mg; Carbohydrates: 37 g; Fiber 25 g; Protein: 3 g; Sodium: 350 mg.

Recipe courtesy of Wegmans