Michele Sodon

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 porkchops, 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 additional10 minutes (to a minimum internal temperature of 160 °F).

04 Add chicken broth to the sauté pan and stir to loosen the flavorfulbrown 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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NUTRITION PER SERVING:

CALORIES	232
PROTEIN	18 G
CARBOHYDRATE	25 G
TOTAL FAT	7 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1PORK CHOP, ¼ C SAUCE, 2 ORANGE SEGMENTS

FOR PORK CHOPS:

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

FOR SAUCE:

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

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