

Pork

Apple-Raisin Pork Chops

Taste of Home One-Dish Meals

Servings: 8

8 bone-in pork loin chops (3/4-inch thick and 8 ounces each)

1 tablespoon canola oil

1/2 teaspoon salt

1/4 teaspoon pepper

2 cups apple cider or juice

3 tablespoons spicy brown mustard

3 medium apples, sliced

1/2 cup green onions, sliced

1/4 cup raisins

1/4 cup dried currants

2 tablespoons cornstarch

1/4 cup cold water

In a large skillet, brown pork chops in oil in batches on both sides. Sprinkle with salt and pepper. Return all chops to the skillet.

Combine cider and mustard; pour over meat. Bring to a boil; reduce heat. Cover and simmer for 13 to 18 minutes or until a meat thermometer reads 160 degrees. Remove chops to a serving platter; keep warm.

Add the apples, onions, raisins and currants to the skillet. Cover and cook over medium heat for 5 to 6 minutes or until apples are tender. Combine cornstarch and water until smooth; stir into apple mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve with pork chops.

Per Serving (excluding unknown items): 82 Calories; 2g Fat (19.7% calories from fat); 1g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fruit; 1/2 Fat.