

Pork

Pork Chops with Golden Apple Raisin Sauce and Broccoli Whole Wheat Mac 'n' Cheddar

Rachael Ray
30 Minute Meals

Servings: 4

4 golden apples, cored and chopped
1 cup unfiltered apple cider
3 tablespoons brown sugar
1 box (7 oz) golden raisins
1 teaspoon cinnamon
salt
pepper
1/2 pound whole wheat pasta shells or penne rigate
2 cups broccoli florets
2 tablespoons extra-virgin olive oil
4 (2 pound total) center-cut pork chops, 1 1/2-inch thick
1/4 cup pure maple syrup
2 tablespoons spicy brown or grainy Dijon mustard
2 tablespoons butter
1 tablespoon flour
1 1/2 cups milk
1/2 pound extra-sharp white cheddar cheese, shredded
a few pinches grated or ground nutmeg

In a medium saucepan, cook the apples with the cider, brown sugar, raisins and cinnamon over medium-high heat until tender, about 15 minutes. Set aside.

Bring a medium pot of water to a boil and salt it.

Add the pasta and cook until al dente. During the last 2 minutes of cooking, add the broccoli. Drain the pasta and broccoli and return to the pot.

While the pasta is working, in a large, heavy skillet, heat the olive oil with two swirls of the pan, over medium-high heat.

Season the pork chops with salt and pepper. Add to the skillet and cook until browned, about 6 to 7 minutes on each side.

Stir in the maple syrup and mustard and cook for 1 minute.

While the chops cook, in a medium saucepan, melt the butter over medium heat.

Whisk in the flour for 1 minute, then whisk in the milk. Season with salt and pepper.

Simmer, stirring, for 2 minutes.

Stir in the cheese and nutmeg.

Pour the cheese sauce over the pasta and broccoli and stir to coat.

Serve with the chops topped with the apple sauce.

Per Serving (excluding unknown items): 336 Calories; 16g Fat (40.1% calories from fat); 6g Protein; 48g Carbohydrate; 3g Dietary Fiber; 28mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 Fruit; 1/2 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.