

## Pork with Apples and Onions

Servings: 4      Total Time: 35 minutes

### Ingredients:

4 boneless pork loin chops	1 tablespoon vegetable oil
1/2 teaspoon salt	1/4 teaspoon ground pepper
1 teaspoon garlic powder	2 apples, peeled, cored, thinly sliced
2 medium onions, thinly sliced	

### Directions:

Season pork chops with salt and pepper. Add oil to skillet and heat; add pork chops. Cook over medium heat, turning once, 6-8 minutes or until browned. Remove chops to serving platter; keep warm.

Place apple and onion slices into same skillet with pan juices. Cook over medium heat, stirring occasionally, 5-7 minutes or until onions are caramelized.

Return chops to pan; continue cooking 2-3 minutes or until internal temperature of pork reaches at least 145°F and is no longer pink.

**Nutrition Information per Serving:** 264 calories, 8g total fat, 2g saturated fat, 30g protein, 18g carbohydrates, 350mg sodium



**Chef Notes:** You can use any apple that you like, it is best to stick with tart apples. This dish can also be prepared in the oven. Just place the apples and onions in a baking dish, toss with oil, top with seasoned pork chops and bake at 350 degrees F for 30-40 minutes.

**Storage Tips:** Store leftovers in the refrigerator for up to 4 days.