

Apple-Cinnamon Pork Chops

Preparation time **15 minutes**

Cooking time **28 minutes**

Servings **4**

Cost per serving **\$2.17**

Storage **3 days in the fridge.**
Tastier when served immediately.

Kitchen tools **Cutting board, 2 large frying pans, sharp knife, measuring cups and spoons, spatula, wooden spoon, small sharp knife**



Ingredients



45 ml (3 tbsp)
butter or margarine



1 small
yellow onion, chopped
(about 125 ml / ½ cup)



5 ml (1 tsp)
ground cinnamon



Salt and pepper
to taste



1 **garlic clove**,
finely chopped



4 **apples**,
peeled and diced



45 ml (3 tbsp)
brown sugar



15 ml (1 tbsp)
canola oil

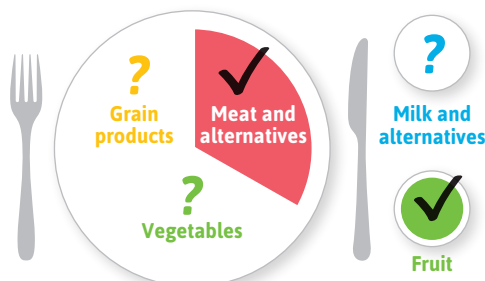


4 **pork loin chops**
(about 500 g / 1 lb)



5 ml (1 tsp)
cider vinegar

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Balanced plate

Serve with:

- ? A grain product (couscous, for example)
- ? Vegetables
- ? A glass of milk or fortified soy beverage

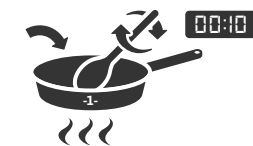
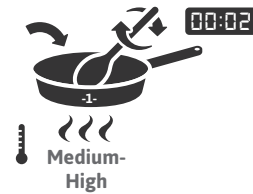
Directions

- 1 In a frying pan over medium-high heat, cook the **onion** in the **butter** or margarine with the **cinnamon, salt** and **pepper** for about 2 minutes, or until browned.

- 2 Add the **garlic, apples** and **brown sugar**. Mix and cook for 10 minutes.
Tip: Use the cooking time to prepare your side dishes.

- 3 In another frying pan over medium-high heat, heat the **oil** and cook the **pork chops** until lightly browned on the outside and pink on the inside (about 3 to 4 minutes on each side). Add **salt** and **pepper** to the pork chops as they cook.
Tip: If you don't have two frying pans, set aside the apple mixture in a bowl and fry the pork chops in the same pan.

- 4 Add the **cider vinegar** to the apple mixture and serve over the pork chops.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

