

Pork Chops in a Cranberry-Pear Sauce

Preparation time	5 minutes
Cooking time	30 minutes
Servings	4
Cost per serving	\$2.31
Storage	3 days in the fridge. The pork chops are best when served right out of the oven.
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, large frying pan, tongs, wooden spoon, small pot, aluminum foil



Ingredients



30 ml (2 tbsp) **canola oil**
(divided: 15 ml [1 tbsp]
+ 15 ml [1 tbsp])



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



Salt and pepper
to taste



1 small **yellow onion**,
peeled and chopped



80 ml (1/3 cup)
brown sugar



1 ml (1/4 tsp)
ground cinnamon



1 ripe **pear**,
peeled and diced



250 ml (1 cup)
frozen cranberries

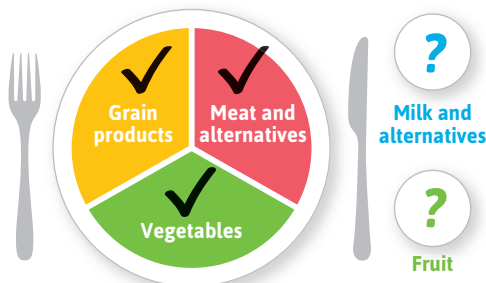


500 ml (2 cups)
chicken broth
(divided: 250 ml [1 cup]
+ 250 ml [1 cup])



250 ml (1 cup)
dry couscous

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Balanced plate

Serve with:

? Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit

? A glass of milk or fortified soy beverage

Directions

- 1 In a large frying pan, heat **15 ml (1 tbsp)** of **oil** over medium-high heat, add the **pork chops** and cook for 4 minutes on one side. Add **salt** and **pepper** and cook for 4 minutes on the other side.

- 2 Remove the **pork chops** and transfer to a plate. Cover with aluminum foil and set aside.

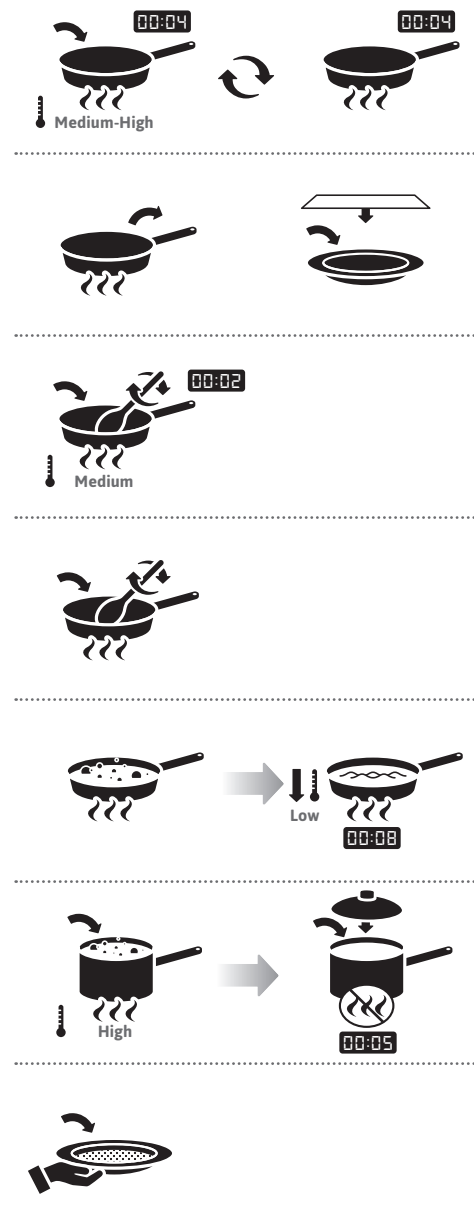
- 3 In the same pan, add **15 ml (1 tbsp)** of **oil** and cook the **onion** for 2 minutes over medium heat.

- 4 Add **brown sugar, cinnamon, salt, pepper, pear, cranberries** and **250 ml (1 cup)** of **chicken broth**. Mix.

- 5 Bring to a boil, then reduce heat to low and simmer for about 8 minutes.

- 6 Meanwhile, in a small pot, bring to a boil over high heat **250 ml (1 cup)** of **chicken broth**. Remove from heat, add the **couscous**, cover and let stand for about 5 minutes.

- 7 Once the sauce has simmered for 8 minutes, remove the pork chops from the aluminum foil and serve them on top of the couscous with a little **cranberry-pear sauce**.



My rating: ★ ★ ★

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