



**NUTRITION PER SERVING:**

<b>CALORIES</b>	232
<b>PROTEIN</b>	18 G
<b>CARBOHYDRATE</b>	25 G
<b>TOTAL FAT</b>	7 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	30 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 PORK CHOP, ¼ C SAUCE, 2 ORANGE SEGMENTS

**FOR PORK CHOPS:**

- 4** BONELESS PORK CHOPS (ABOUT 3 OZ EACH)
- ¼ TSP** GROUND BLACK PEPPER MEDIUM
- 1** ORANGE, RINSED, FOR ¼ TSP ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE ORANGE;
- ½ TBSP** SAVE THE ORANGE FOR GARNISH)

**FOR SAUCE:**

- ¼ C** LOW-SODIUM CHICKEN BROTH
- 1** 1 MEDIUM APPLE, PEELED AND GRATED (ABOUT 1 C) (USE A GRATER TO MAKE THIN LAYERS OF APPLE)
- ½** CINNAMON STICK OR 1/8 TSP GROUND CINNAMON
- 1** BAY LEAF
- ½ C** DRIED CRANBERRIES OR RAISINS
- ½ C** 100 PERCENT ORANGE JUICE

# BAKED PORK CHOPS WITH APPLE CRANBERRY SAUCE

...A WONDERFUL FRUIT SAUCE ADDS THE PERFECT TOUCH TO THESE PORK CHOPS—TRY SERVING WITH A SIDE OF BROWN RICE AND STEAMED BROCCOLI

- 01 Preheat oven to 350 °F.
- 02 Season pork chops with pepper and orange zest.
- 03 In a large sauté pan, heat olive oil over medium heat. Add pork chops, and cook until browned on one side, about 2 minutes. Turn over and brown the second side, an additional 2 minutes. Remove pork chops from the pan place them on a nonstick baking sheet, and put in the oven to cook for an additional 10 minutes (to a minimum internal temperature of 160 °F).
- 04 Add chicken broth to the sauté pan and stir to loosen the flavorful brown bits. Set aside for later.
- 05 Meanwhile, place grated apples, cinnamon stick, and bay leaf in a small saucepan. Cook over medium heat until the apples begin to soften.
- 06 Peel the orange used for the zest, and cut it into eight sections for garnish.
- 07 Serve one pork chop with ¼ cup of sauce and two orange segments.

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