

SPOTLIGHT RECIPE



Apple Pork Chops

- Preheat the oven to 375 F.
- In a small bowl, combine the brown sugar, mustard, cloves and water. Heat in a saucepan until boiling. Cover and allow to reduce until the sauce has reached the desired thickness.
- Heat the oil in a large skillet. Sauté the onion in the oil for 1 minute, or until tender. Remove the onion and set aside.
- Brown the pork chops on both sides in the oil. Place the chops in an 8-by-12-inch baking dish and sprinkle them with salt and pepper.
- Cover the chops with the apples and the cooked onion. Pour the sauce over the chops. Cover and bake in the oven for 30 to 45 minutes, or until the pork chops reach a minimum internal temperature of 155 F.

Ingredients

Makes 4 servings

- 2 tablespoons brown sugar
- 1/2 teaspoon dry mustard
- 1/8 teaspoon ground cloves
- 3/4 cup hot water
- 1 ounce canola oil
- 1/2 cup onion, chopped
- 4 center-cut pork chops, boneless, 5 ounces each
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 baking apples, peeled, cored, 1/4-inch sliced

Side dishes

- Creamed Peas and Onions
- Brown-Sugar Baked Beans

