

Skillet Pork and Apples

Ingredients:

- 1 teaspoon cinnamon
- 1/2 teaspoon black pepper
- 4 pork loin chops
- 2 teaspoons olive oil
- 4 apples
- 1/3 cup water

Equipment:

- Non stick skillet
- Skillet
- Knife
- Cutting Board
- Measuring spoons
- Measuring cups

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 35 minutes

Directions

1. Combine cinnamon and pepper in a bowl, sprinkle evenly over pork chops.
2. Heat oil in skillet to medium. Add pork chops and brown on both sides.
3. Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop in to thin slices.
4. Add apples and water to skillet. Cover, reduce heat to medium-low and cook for ten to twelve minutes until pork is done and internal temperature reaches 145°F, using a meat thermometer.

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Nutrition Facts	
Serving Size: 1 chop plus 1/2 cup apples	
Servings: 4	
Amount Per Serving	
Calories 257	Calories from Fat 99
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	16%
Cholesterol 41mg	14%
Sodium 42mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Protein 19g	38%
Vitamin A 2%	Vitamin C 14%
Iron 11%	Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.